Favorite Family Recipes Made Lighter

February/March 2005
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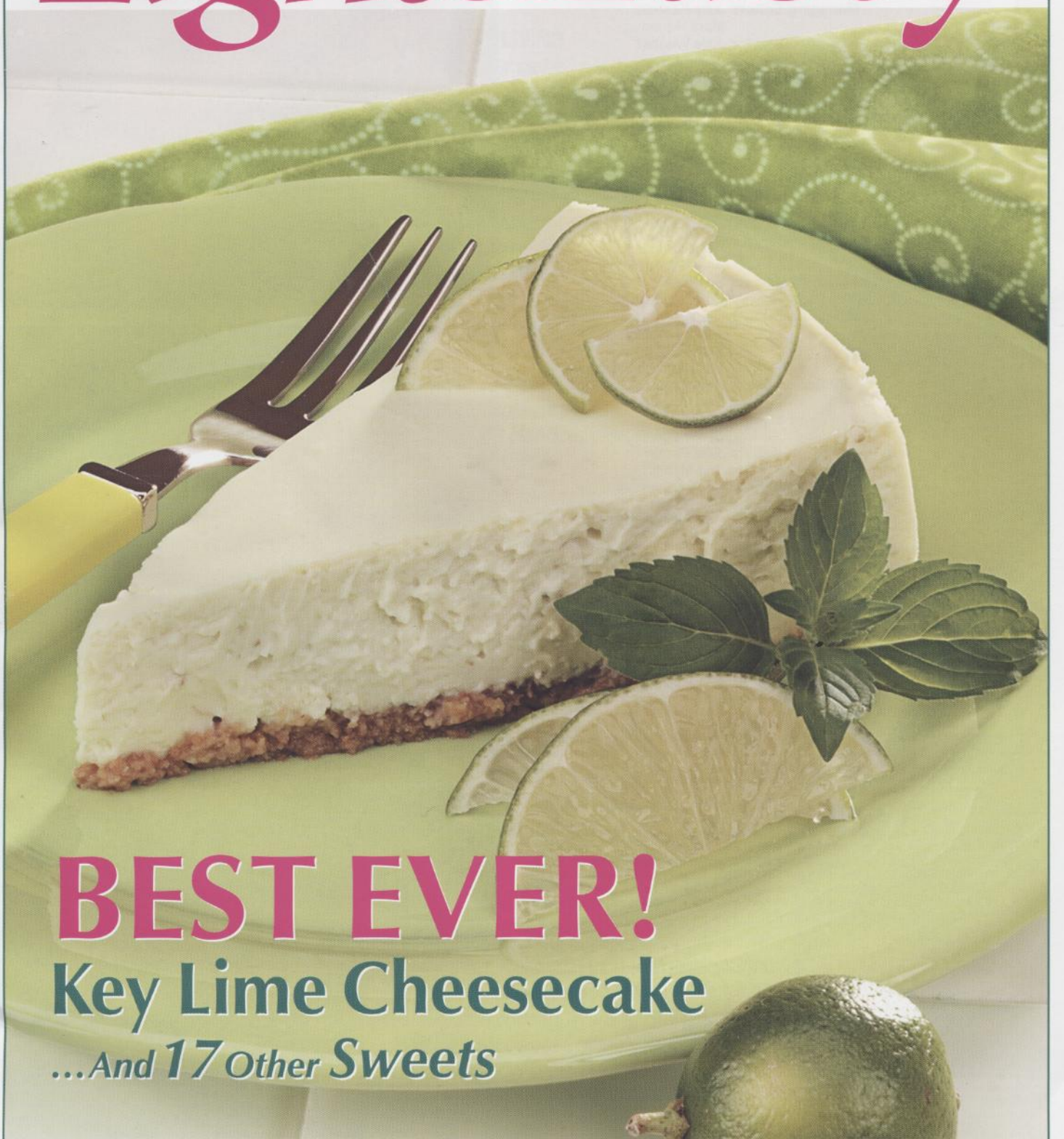
Taste of Home's

Light & Tasty



BEST EVER!

Key Lime Cheesecake

...And 17 Other Sweets

Taste of Home's
Light&Tasty

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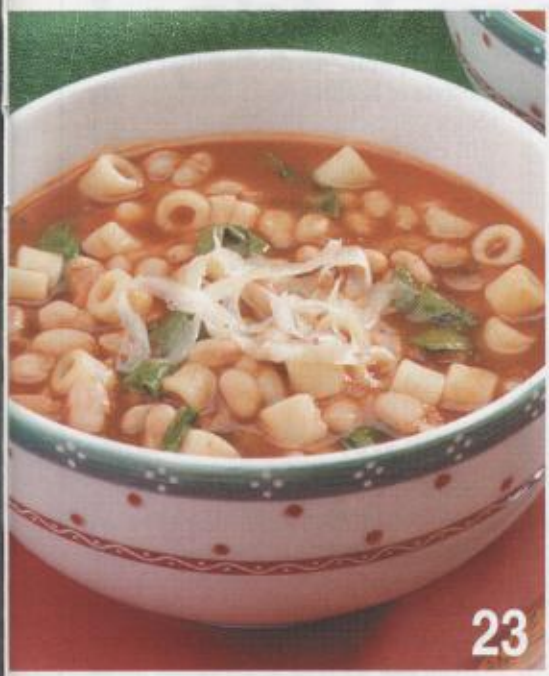
On the Cover: *Our "Clip-and-Keep Recipe Cards" feature the recipe for* ***Key Lime Cheesecake*** *on page 31.*

Visit our Web site at *www.lightandtasty.com*



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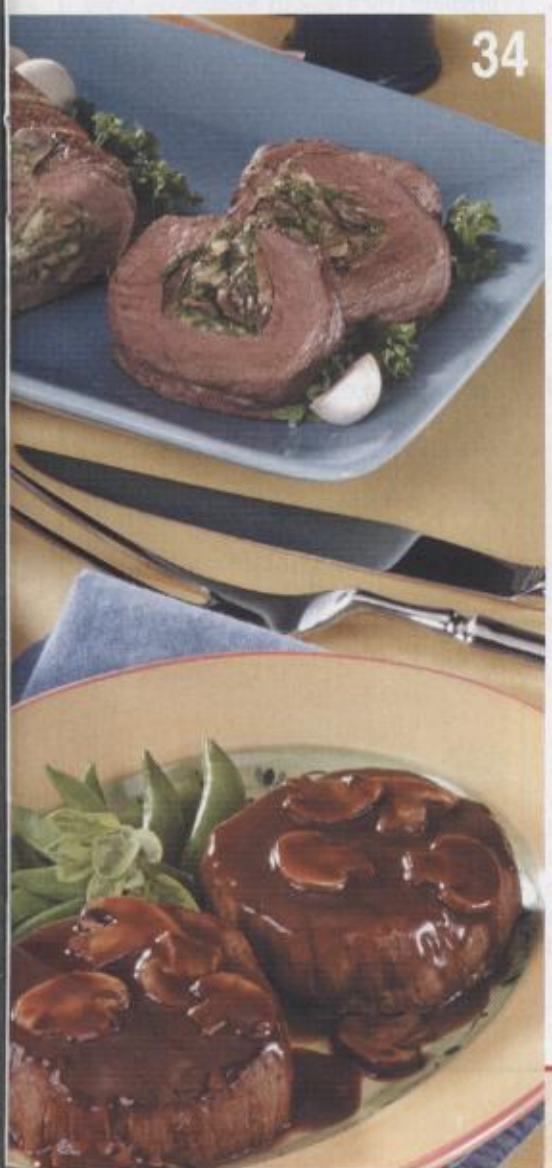

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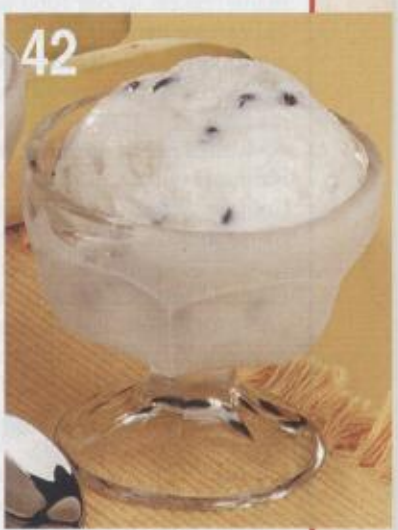

The Inside Scoop...

From the Editors

WE'VE begun the new year by putting out a brand new magazine here at Reiman Publications! The most recent addition to our family of food magazines is called *Cooking for 2*...and here at *Light & Tasty*, we're very excited about it.

The first issue is hot off the presses ...and it's chock-full of great recipes for small households. Setting the table for two has never been more fun, as our editors discovered when they were putting together the Premiere Issue.

That was especially true because so many readers of our food magazines—*Quick Cooking* and *Taste of Home*, in addition to *Light & Tasty*—had told us how excited they are about this new magazine.

Writes *L&T* subscriber Donna Robbins of Flat Rock, Illinois, "I am so looking forward to your new *Cooking for 2* magazine. What a great help that will be for my husband and me with keeping our meals portion-controlled. Every time I read one of your magazines, I think 'wow' this is great! And then you make the next issue even better. Thanks!"

Subscriber Carol Steinhauer of West Chester, Ohio comments, "What a great idea for a magazine. My husband and I spent 15 years as a twosome before our son was born. It's especially difficult to find dessert recipes that don't make too much. It's always a hit-or-miss thing."

Not any more, Carol! We've included some scrumptious pared-down desserts in the Premiere Issue of *Cooking for 2*. Of course, that's just the beginning...you'll also find simple suppers, fast fare for a pair, lightened-up recipes, one-pot meals, dressed-up leftovers, easy everyday entrees and more.

Each recipe has a timeline so you'll know exactly how long it takes to make, plus a Nutritional Analysis. We've also made it easy for you to find the recipes that suit you best—whether you're looking for recipes that are quick...or lightened-up...or suitable for diabetics. Plus, *every* recipe is shown in gorgeous color!

If you haven't subscribed yet, there's still time. But hurry! You don't want to miss out on getting the Premiere Issue. Turn to page 54 for ordering information.

Here's What's New

We've been busy adding a few new touches to *Light & Tasty*, too. As you page through this issue, you'll find that we've expanded several of our most popular features.

- Because we know readers are busier than ever these days, ***we've added another page to our "30-Minute Mainstays".*** And remember to look for ***a timeline on every recipe*** to clue you in on how long it takes to make.
- Subscribers have told us how much they enjoy our regular recipe makeover pages. Turn to pages 10-12 and you'll see that ***we've expanded "Readers' Favorite Recipes Made Lighter"*** beginning with this issue.
- ***We'll continue to introduce readers to a new ingredient each issue, too.*** This time, it's nutritious and highly flavorful sun-dried tomatoes (page 61).

High on Low-Carb Recipes

Readers who continue to ask for low-carb recipes have been writing to say how much they like our new "Playing Your Carbs Right" feature (page 13).

"I just have to tell you how much I appreciate the new low-carb feature," says Susan Hamilton, St. Petersburg, Florida.

"The low-carb recipes have helped me add variety to my eating plan. Thanks, too, for adding icons throughout the magazine. It makes it much easier to find the recipes I'm looking for."

Good-for-You Chocolate

It sometimes seems that the news on what's good for us and what's not, nutritionally speaking, changes almost daily. But the latest word on chocolate (for chocoholics at least!) is just too good not to mention here.

Scientists have determined that chocolate is rich in antioxidants, those natural disease-fighting agents...and may actually be good for you (in small amounts, of course). Plus, it seems that chocolate may offer some other health benefits as well. Now that's just plain delicious news! Turn to page 65 and read all about it.

Meanwhile, enjoy all of the wonderful dishes in this issue. Good eating!

Our Nutritional Guidelines

L&T publishes recipes that fit the lifestyle of health-conscious cooks. The recipes present a variety of foods that will easily fit into a meal plan that is within the standards of the USDA's Daily Nutrition Guide (see page 67).

The target nutritional content of *L&T* recipes, on a per serving basis, is:

- 400 calories (or less)
- 12 grams of fat (or less)
- 1,000 mg sodium (or less)
- 100 mg cholesterol (or less)

How We Calculated the Nutritional Analysis...

- When a choice of ingredients is given in a recipe (such as 1/3 cup of sour cream or plain yogurt), the first ingredient listed is always the one calculated in the Nutritional Analysis.
- When a range is given for an ingredient (such as 2 to 3 teaspoons), we calculate the first amount given.
- Only the amount of marinade absorbed during preparation is calculated.
- Garnishes listed in recipes are typically included in our calculations.

At-a-Glance Icons

All *L&T* recipes fit into a balanced diet for healthy adults. However, some readers are watching particular foods and nutrients in their diets. We have provided at-a-glance icons to indicate those recipes that are especially low in fat, sodium or carbs or that contain no meat. Look for them throughout the issue:

FAT **Low-Fat**—One serving contains 3 grams or less of fat

SALT **Low-Sodium**—One serving contains 140 milligrams or less of sodium

CARB **Low-Carbohydrate**—One serving contains 15 grams or less of carbohydrates

MEAT-LESS **Meatless**—Appetizers, salads, breads, side dishes and entrees that contain no meat

All *L&T* recipes are reviewed by a Registered Dietitian. Diabetic Exchanges are assigned to recipes in accordance with the guidelines from the American Diabetic and American Dietetic Associations. The majority of recipes in *L&T* are suitable for diabetics.

Light Lines from Readers...

WE LOVE hearing from readers, so we're always happy when cooks take the time to share their thoughts about *Light & Tasty*. Below you'll find a sampling of letters sent by subscribers from across the country.

Looking for *Cooking for 2*

Just received your Dec/Jan '05 issue of *Light & Tasty* and immediately sat down to read it (as usual). On page 9 was a recipe for Makeover Chicken Enchiladas that sounds luscious.

The problem? I am alone...and that recipe will be hard to cut down. However, as soon as I saw that the new magazine *Cooking for 2* was coming out, I subscribed for 2 years. Now I'm wondering if it's possible for you to cut down that enchilada recipe and put it in a future issue of *Cooking for 2*?

P.S. I love all your magazines.

—Bettie Willingham
Bremerton, Washington

Good idea, Bettie! We just might give it a try. Meanwhile, if other readers would like to subscribe to Cooking for 2 and haven't done so yet, it's not too late! *Turn to page 54 for details.*

Budding Cook

This is a picture of my grandson, Lucas (below), helping me prepare for the holidays. His desire is to be a great chef some day. He loves to help me in the kitchen.

I thought it might inspire him toward his goal to see a picture of himself in one of my favorite magazines!

—Therese Cleveland
North Dartmouth, Massachusetts

Care to Share?

WE RECEIVE lots of mail and just don't have enough space in the magazine to publish all of it. Material that won't fit in *Light & Tasty* may be considered for use in our other editorial, promotional and related projects, including our popular Web site: *www.lightandtasty.com*.

Please feel free to send in your favorite recipes, healthy hints, fun food photos and other items. If you'd like your photos or other material returned, enclose a self-addressed stamped envelope...then please be patient. Without paid advertising in the magazine, we must operate with a small editorial staff, and it sometimes takes several months to return materials to readers.

Cheers for Cherry Bars

I was excited to see the recipe for Cherry Coconut Bars lightened up in the Oct/Nov '04 issue. My mother made similar bars, Cherry Walnut Bars, when I was growing up.

Her recipe called for brown sugar in the filling with slightly different proportions of the other ingredients...and she frosted them with 1 tablespoon of softened butter plus 1 cup confectioners' sugar with enough maraschino cherry liquid to spread. Yummy!

—Richelle Russell, Tulsa, Oklahoma

Hints Are Helpful

I cannot tell you how many times I have been frustrated when it came time to clean up my George Foreman grill. Then you included a cleanup tip from Rickie Lackey on the reader hints page in Apr/May '04. I tried it...and it worked like a breeze. What a great idea!

And in the June/July '04 issue, dietitian Diane Werner explained how to make whole wheat bread and rolls rise higher using a product called "vital gluten". It works beautifully.

I read your magazine from cover to cover. I am hooked!

—Roberta Rostomily
Missoula, Montana

New Subscriber Is Thrilled

Hats off to *Light & Tasty*! I subscribed recently and am thrilled with my first issue, Dec/Jan '05. As a busy first-time mom, I was looking for easy-to-prepare, flavorful low-fat recipes. The Texas-Flavored Pork Chops in the "Weekday Menu Planner" were an instant hit.

It's so nice to have recipes with simple ingredients and easy instructions. So many of the other cooking light magazines make the recipes too complicated to fit into busy schedules. I can't wait to try some of the other recipes.

Thanks again for making my life a little easier and for providing such a great magazine.

—Victoria Havard
Beaverdam, Virginia

Reiman Earns Raves

I just wanted you to know how much I love your magazine. As a lifetime member of Weight Watchers, I've found *Light & Tasty* suits my needs exactly. The recipes are great, and the magazine layout is just right. I love it, love it, love it!

I've taken all but one or two of the Reiman magazines at one time or another. Presently, I subscribe to *Taste of Home* (I'm one of the 1,000 field editors), *Quick Cooking*, *Country*, *Country Extra*, *Farm & Ranch Living*, *Country Woman* and, of course, *Light & Tasty*.

Keep up the good work and keep on publishing nice, wholesome ad-free magazines.

—Alta Rodgers
Pottstown, Pennsylvania

Post Us a Note

PLEASE tell us which features in *Light & Tasty* you find most helpful. And if you have suggestions for future issues, share them as well.

Send your comments, ideas (and fun photos, too!) to "Light Lines", *Light & Tasty*, 5925 Country Lane, Greendale WI 53129. Or E-mail us at *editors@lightandtasty.com* and include your full name and street address.

Your letter may appear in a future issue or on our Web site (*www.lightandtasty.com*).

30-Minute Mainstays

You'll have time to spare when you prepare these 30-minute dishes that are sure to please!

WE'VE ALL been there—you're heading home to a hungry family and time's running short. It sure would be easy to grab a fast-food meal on the way, but when you're trying to be health-conscious, it's the last thing you want to do.

Why not whip up one of these tried-and-true rapid reader recipes instead? Then relax...and enjoy!

Pineapple Bacon Pizza

(Pictured above)

Prep/Total Time: 15 min.

Eating pizza is fun, but making it with your favorite ingredients is even better—especially when you can do it in 30 minutes or less! Just ask Amanda Hoffman of Worthington, Minnesota. "One weekend, when I was home from college, I made this for my family and they absolutely loved it. It's equally good with chicken instead of bacon."

- **1 prebaked Italian bread shell crust (10 ounces)**
- **1/2 cup sweet and sour sauce**
- **3/4 cup unsweetened pineapple tidbits, drained**
- **1/2 cup mixed nuts, coarsely chopped**
- **1 package (7 ounces) sliced Canadian bacon, chopped**
- **1 cup (4 ounces) shredded reduced-fat Mexican cheese blend**

Place the crust on an ungreased 14-in. pizza pan. Top with sauce, pineapple, nuts, bacon and cheese. Bake at 450° for 8-12 minutes or until cheese is melted. Cut into wedges. Serve immediately. **Yield:** 6 servings.

Nutritional Analysis: 1 slice equals 335 calories, 13 g fat (4 g saturated fat), 23 mg cholesterol, 950 mg sodium, 37 g carbohydrate, 2 g fiber, 18 g protein. **Diabetic Exchanges:** 2 lean meat, 2 starch, 1 fat, 1/2 fruit.

Turkey Noodle Supper

Prep/Total Time: 25 min.

"This was one of my favorites made by my mom when I was growing up," shares Lori Tinkler from Richland, Washington. "I lightened it up by using lean ground turkey, fat-free cream cheese, reduced-fat soup and fat-free milk. And it still tastes as good as Mom's!"

- **8 ounces yolk-free extra-wide noodles**
- **1 pound lean ground turkey**
- **1 medium onion, chopped**
- **1 can (10-3/4 ounces) reduced-fat reduced-sodium condensed cream of mushroom soup, undiluted**
- **1 package (8 ounces) fat-free cream cheese, cubed**
- **1 cup fat-free milk**
- **1-1/2 cups frozen whole kernel corn, thawed**
- **1 jar (4 ounces) chopped pimientos, drained**
- **3/4 teaspoon salt**
- **1/8 teaspoon pepper**

Cook noodles according to package directions; drain. Meanwhile, in a large nonstick skillet, cook turkey and onion over medium heat until meat is no longer pink; drain. Return to pan. Add the soup, cream cheese and milk. Cook and stir until smooth. Stir in the noodles, corn, pimientos, salt and pepper; cook until heated through. **Yield:** 6 servings.

Nutritional Analysis: 1-1/3 cups equals 376 calories, 8 g fat (3 g saturated fat), 68 mg cholesterol, 811 mg sodium, 46 g carbohydrate, 3 g fiber, 27 g protein. **Diabetic Exchanges:** 3 lean meat, 2-1/2 starch, 1/2 fat-free milk.

Sea Scallops and Mushrooms

CARB

Prep/Total Time: 15 min.

"This is a foolproof yet elegant way to make sea scallops, which are somewhat tricky," Lynnae Neuberger of Marshfield, Wisconsin says of her no-fuss main dish. "And it couldn't be simpler because it uses the microwave."

- **1 pound fresh *or* frozen sea scallops, thawed and rinsed**
- **12 small fresh mushrooms, halved**
- **1 tablespoon white wine *or* chicken broth**
- **1-1/2 teaspoons lemon juice**
- **1/2 teaspoon lemon-pepper seasoning**
- **1/4 teaspoon dried thyme**
- **1/8 teaspoon garlic powder**
- **1/8 teaspoon seasoned salt**
- **2 teaspoons butter, melted**

Place scallops and mushrooms in a 9-in. glass pie plate or dish. Combine the wine or broth, lemon juice and seasonings; pour over scallop mixture. Cover and microwave at 50% power for 2 minutes; stir. Cover and microwave at 50% power for 4 to 4-1/2 minutes longer or until scallops turn opaque. Stir in melted butter. **Yield:** 3 servings.

Nutritional Analysis: 4 ounces cooked scallops with 4 mushrooms equals 170 calories, 4 g fat (2 g saturated fat),

57 mg cholesterol, 407 mg sodium, 6 g carbohydrate, 1 g fiber, 27 g protein. **Diabetic Exchanges:** 3 lean meat, 1 vegetable.

Editor's Note: This recipe was tested in a 1,100-watt microwave.

One-Pot Stuffed Pepper Dinner

Prep/Total Time: 30 min.

With its thick chili-like consistency and plenty of stuffed-pepper flavor, this dish will warm you up on chilly days. "It's filling and easy to make," writes Charlotte Smith of McDonald, Pennsylvania.

1 pound lean ground beef
3 garlic cloves, minced
3 cups chopped green pepper
2 cans (14-1/2 ounces *each*) Italian diced tomatoes
2 cups water
1 can (6 ounces) tomato paste
8 tablespoons shredded Parmesan cheese, *divided*
1 teaspoon garlic salt
1/4 teaspoon pepper
1 cup uncooked instant rice

In a large nonstick saucepan coated with nonstick cooking spray, cook beef over medium heat until no longer pink; drain. Add garlic; cook and stir for 1 minute. Add green pepper; cook and stir 3 minutes longer. Stir in the diced tomatoes, water, tomato paste, 2 tablespoons Parmesan cheese, garlic salt and pepper. Bring to a boil. Stir in rice. Remove from the heat. Cover and let stand for 5 minutes. Sprinkle with remaining Parmesan cheese. **Yield:** 6 servings.

Nutritional Analysis: 1-1/3 cups equals 286 calories, 7 g fat (3 g saturated fat), 41 mg cholesterol, 1,002 mg sodium, 32 g carbohydrate, 3 g fiber, 21 g protein. **Diabetic Exchanges:** 3 vegetable, 2 lean meat, 1 starch, 1/2 fat.

Chicken Lo Mein

(Pictured below right)

Prep/Total Time: 30 min.

Jennifer Suster of Chicago, Illinois says, "This lo mein recipe is a low-calorie eye-appealing dish that is very quick to make." With soy sauce, sherry, ginger and sesame oil, as well as red pepper and snow peas, it's as flavorful as it is colorful.

1 tablespoon cornstarch
1 teaspoon ground ginger
1/4 cup reduced-sodium soy sauce
2 tablespoons sherry *or* chicken broth
1-1/2 pounds boneless skinless chicken breasts, thinly sliced
1 teaspoon reduced-sodium chicken bouillon granules
1/2 cup hot water
6 ounces uncooked linguine
1/2 pound fresh mushrooms, sliced
1/4 pound fresh snow peas
1 large sweet red pepper, julienned
2 green onions, cut into 2-inch pieces
2 tablespoons canola oil, *divided*
2 teaspoons sesame oil

In a large bowl, combine the cornstarch, ginger, soy sauce and sherry or broth until smooth. Add chicken and stir to coat; set aside. In a small bowl, dissolve bouillon granules in hot water; set aside. Cook linguine according to package directions.

Homemade in a Hurry

YOU CAN make an impressive, delectable meal at home in less time than it takes to pick up takeout. Just follow these speedy tips:

- Know what you're preparing before you enter the kitchen by planning a weekly menu for both shopping and cooking.
- Double your efficiency by making a double batch of a recipe and freezing leftovers to thaw and eat on a busy day.
- Learn to use labor-saving kitchen appliances like a microwave, slow cooker and food processor.
- Look for recipes with few ingredients, and try to streamline oven-baked favorites to cook in a microwave or on the stovetop.
- Team a homemade entree with simple accompaniments such as frozen veggies, purchased bread and fresh fruit for dessert.
- Rely on one-dish meals such as skillet suppers, sandwiches and stews that come together and clean up fast.

In a large nonstick skillet or wok, stir-fry mushrooms, snow peas, red pepper and green onions in 1 tablespoon canola oil for 3-5 minutes or until crisp-tender. Remove with a slotted spoon and set aside. In the same skillet, stir-fry chicken mixture in remaining canola oil for 2-3 minutes or until chicken is no longer pink. Stir in dissolved bouillon. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Return vegetables to skillet. Drain linguine; add sesame oil and linguine to skillet. Toss to coat. Cook 1-2 minutes longer or until heated through. **Yield:** 6 servings.

Nutritional Analysis: 1-1/3 cups equals 328 calories, 10 g fat (1 g saturated fat), 67 mg cholesterol, 515 mg sodium, 27 g carbohydrate, 3 g fiber, 31 g protein. **Diabetic Exchanges:** 3 lean meat, 1-1/2 starch, 1 vegetable, 1/2 fat.

♦ ♦ ♦

STREAMLINED SUPPERS. We'd love to sample your family's favorite light main dish that can be made in 30 minutes or less. Write to "30-Minute Mainstays", *Light & Tasty*, 5925 Country Lane, Greendale WI 53129 or E-mail us at *editors@lightandtasty.com*.

Dazzling Desserts

Treat your sweet tooth to guilt-free desserts that go easy on the fat and calories.

EVEN if you're watching your weight, you can still dish up something sweet with the delectable recipes on this page. They're luscious but light...and yummy to the last bite!

Chocolate Peanut Butter Cookies

SALT CARB

(Pictured at left)

Prep: 15 min. **Bake:** 10 min.

This soft and chewy low-carb cookie recipe, developed by our Test Kitchen, calls for canola oil instead of butter to reduce the saturated fat. It's hard to eat just one!

1 cup chunky peanut butter
1/4 cup canola oil
3/4 cup packed brown sugar
1/2 cup sugar
2 eggs
1 tablespoon vanilla extract
1 cup all-purpose flour
1/3 cup baking cocoa
1 teaspoon baking soda
1/2 teaspoon salt
1/2 cup miniature chocolate chips

In a large mixing bowl, combine peanut butter and oil. Add brown sugar and sugar; mix well. Add eggs and vanilla; mix well. Combine the flour, cocoa, baking soda and salt. Add to peanut butter mixture; mix until blended (dough will be sticky). Stir in chocolate chips.

Drop by rounded teaspoonfuls 2 in. apart on ungreased baking sheets. Flatten slightly with a glass. Bake at 350° for 8-10 minutes or until set and tops are cracked. Cool for 2 minutes before removing to wire racks. **Yield:** 4 dozen.

Nutritional Analysis: 1 cookie equals 86 calories, 5 g fat (1 g saturated fat), 9 mg cholesterol, 81 mg sodium, 10 g carbohydrate, 1 g fiber, 2 g protein. **Diabetic Exchanges:** 1 starch, 1/2 fat.

Lemon Cream Pie

(Pictured at left)

Prep: 15 min. **Cook:** 15 min. + chilling

With its creamy lemon filling and cinnamon-enhanced graham cracker crust, this lovely pie is always popular. "I like to garnish the whipped topping with pretty lemon peel curls," notes Maria Dygert of Auburn, New York.

1-1/4 cups reduced-fat cinnamon graham cracker crumbs (about 14 squares)
1/4 cup reduced-fat margarine, melted
1 tablespoon plus 3/4 cup sugar, *divided*
5 tablespoons cornstarch
1/8 teaspoon salt
1 cup water
2/3 cup 1% buttermilk
1/2 cup egg substitute
1/2 cup lemon juice
2 teaspoons grated lemon peel
2-1/2 cups reduced-fat whipped topping

In a small bowl, combine the graham cracker crumbs, margarine and 1 tablespoon sugar; mix well. Press onto the bottom and up the sides of a 9-in. pie plate coated with nonstick cooking spray. Bake at 350° for 8-10 minutes or until golden brown. Cool on a wire rack.

In a heavy saucepan, combine the cornstarch, salt and remaining sugar. Gradually stir in water and buttermilk until smooth. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat. Stir a small amount of hot filling into egg substitute. Return all to pan, stirring constantly. Bring to a gentle boil; cook and stir for 2 minutes longer. Remove from the heat. Stir in lemon juice and peel. Pour into crust. Cover and refrigerate for at least 4 hours. Just before serving, spread whipped topping over filling. **Yield:** 8 servings.

Nutritional Analysis: 1 piece equals 252 calories, 6 g fat (3 g saturated fat), 1 mg cholesterol, 227 mg sodium, 45 g carbohydrate, 1 g fiber, 3 g protein. **Diabetic Exchanges:** 3 starch, 1 fat.

Editor's Note: This recipe was tested with Blue Bonnet light stick margarine.

Blueberry Dessert

SALT

Prep: 15 min. **Bake:** 20 min. + cooling

"I was really pleased with the results when I lightened up this layered dessert recipe that's been in our family for years," writes Alta Rodgers from Pottstown, Pennsylvania.

1-1/2 cups graham cracker crumbs (about 16 squares)
1/2 cup sugar, *divided*
1/4 cup reduced-fat butter, melted
1 package (8 ounces) reduced-fat cream cheese
2 eggs
1 teaspoon vanilla extract
1 can (21 ounces) blueberry pie filling
1 cup reduced-fat whipped topping

In a small bowl, combine the graham cracker crumbs and 1/4 cup sugar; stir in butter. Press into the bottom of a 13-in. x 9-in. x 2-in. baking dish coated with nonstick cooking spray. Bake at 350° for 10-15 minutes or until golden brown.

In a large mixing bowl, beat cream cheese and remaining sugar until smooth; add the eggs and vanilla. Pour over crust. Bake at 350° for 10-12 minutes or until set. Cool on a wire rack. Spread with pie filling. Refrigerate until serving. Garnish with whipped topping. **Yield:** 15 servings.

Nutritional Analysis: 1 piece equals 169 calories, 6 g fat (3 g saturated fat), 42 mg cholesterol, 136 mg sodium, 25 g carbohydrate, 1 g fiber, 3 g protein. **Diabetic Exchanges:** 1-1/2 starch, 1 fat.

Editor's Note: This recipe was tested with Land of Lakes light stick butter.

♦ ♦ ♦

HAPPY ENDINGS. We'd like to consider your dessert recipe for a future issue. Send it to "Dazzling Desserts", *Light & Tasty*, 5925 Country Lane, Greendale WI 53129.

Readers' Favorite Recipes Made Lighter

We've slimmed down these classic recipes without trimming the flavor!

LIGHT & TASTY subscribers have told us they love the rich old-fashioned flavor of traditional dishes and sweet treats, but not the fat and calories that usually accompany them.

That's why we've expanded this popular feature to three pages, beginning with this issue. Turn here each time to see how our home economists have revamped readers' favorite recipes to cut down the fat and calories.

Our Test Kitchen staff tests the lighter version against the original to make sure they haven't lost any of the great taste.

Then they give you the skinny on how they did it, so you can enjoy these comforting family favorites without adding inches to your waistline.

Fond of spinach? Then you're sure to like **Spinach Casserole**, a flavorful side dish that makes the most of convenient frozen spinach.

"This is my all-time favorite spinach recipe," writes Janet Hornsby from her home in Palmyra, Indiana. "Even my kids liked it when they were little. Unfortunately, it is full of fat and it's very high in cholesterol. I'd like to eat it without feeling guilty. Is there any way you can help?"

Our home economists were happy to do just that. The majority of the fat and cholesterol in Janet's recipe comes from the butter, eggs and heavy whipping cream. To lighten the recipe, our Test Kitchen staff decreased the amount of butter and replaced the four whole eggs called for with two whole eggs and four egg whites.

To further reduce the fat and cholesterol, they used fat-free half-and-half instead of the heavy whipping cream. Next they added flour to help stabilize the mixture. The result was a hit with our tasting panel.

Makeover Spinach Casserole has the same firm texture and robust spinach flavor as the original. But the fat and saturated fat had been slashed by more than 80%. Both the calories and cholesterol were reduced by more than 60%.

Spinach Casserole

CARB MEATLESS

Prep: 10 min. **Bake:** 55 min.

- **2 packages (10 ounces *each*) frozen chopped spinach, thawed and squeezed dry**
- **4 eggs**
- **1 cup heavy whipping cream**
- **1/2 cup butter, melted**
- **1/2 teaspoon salt**
- **1/4 teaspoon pepper**
- **2 tablespoons grated Parmesan cheese**

In a blender or food processor, combine spinach and eggs; cover and process until smooth. Add the cream, butter, salt and pepper; process until blended.

Grease the bottom and sides of a 1-qt. straight-sided baking dish. Dust bottom and sides with Parmesan cheese. Transfer spinach mixture to dish. Bake, uncovered, at 350° for 55-60 minutes or until a knife inserted near the center comes out clean. Serve immediately. **Yield:** 6 servings.

Nutritional Analysis: 2/3 cup equals 351 calories, 34 g fat (20 g saturated fat), 238 mg cholesterol, 509 mg sodium, 5 g carbohydrate, 3 g fiber, 9 g protein.

Makeover Spinach Casserole

CARB MEATLESS

(Pictured at left)

Prep: 10 min. **Bake:** 50 min.

- **2 packages (10 ounces *each*) frozen chopped spinach, thawed and squeezed dry**
- **4 egg whites**
- **2 eggs**
- **1 cup fat-free half-and-half**
- **2 tablespoons butter, melted**
- **1 tablespoon all-purpose flour**
- **1/2 teaspoon salt**
- **1/4 teaspoon pepper**
- **2 tablespoons grated Parmesan cheese**

In a blender or food processor, combine the spinach, egg whites and eggs; cover and process until smooth. Add the half-and-half, butter, flour, salt and pepper; process until blended.

Coat a 1-qt. straight-sided baking dish with nonstick cooking spray. Dust bottom and sides with Parmesan cheese. Transfer spinach mixture to dish. Bake, uncovered, at 350° for 50-60 minutes or until a knife inserted near the center comes out clean. Serve immediately. **Yield:** 6 servings.

Nutritional Analysis: 2/3 cup equals 131 calories, 6 g fat (3 g saturated fat), 82 mg cholesterol, 434 mg sodium, 9 g carbohydrate, 3 g fiber, 9 g protein. **Diabetic Exchanges:** 1 lean meat, 1/2 starch, 1/2 fat.

Creamy casseroles offer comforting flavor, but sometimes they're not the best choice for folks who have to be careful about what they eat.

"My husband has to watch his diet due to high cholesterol, and I have to watch my salt intake," relates Diane Hyatt of Oregonia, Ohio. "So I use skim milk in all of my white sauces and omit salt in almost all of my cooking. But I don't know how to make this **Turkey Biscuit Bake** any lighter," Diane says.

When our Test Kitchen staff sampled Diane's turkey casserole, they loved the thick rich sauce and tender homemade biscuits, but they didn't like the 40 grams of fat in each serving.

To lighten the sauce, they decreased the butter and substituted fat-free milk for the whole milk.

The original recipe called for a layer of biscuits both beneath and on top of the filling, which made it heavy on starch, so the bottom layer of biscuits was eliminated.

Our home economists slimmed down the biscuits by reducing the butter considerably, then adding a little buttermilk instead of water to add flavor and help tenderize them. They substituted cake flour for some of the all-purpose flour, which also helped make the biscuits more tender.

Finally, they added fresh mushrooms to replace the high-sodium jarred mushrooms, extra veggies for their nutritional benefits and color, and more turkey to boost the protein.

These changes dramatically cut the fat and saturated fat by more than 80% and reduced the calorie count, cholesterol and sodium by about half.

Yet the better-for-you biscuit bake is just as satisfying—with fluffy homemade biscuits, a comforting sauce and plenty of turkey and vegetables.

Turkey Biscuit Bake

Prep: 25 min. **Bake:** 15 min.

3 cups all-purpose flour
3 teaspoons baking powder
1/2 teaspoon salt
1 egg, lightly beaten
3/4 cup butter, melted
3/4 cup water
1 tablespoon lemon juice

FILLING:

1 cup butter
1 cup all-purpose flour
1/2 teaspoon salt
4 cups milk
2 cups diced cooked turkey
1 jar (6 ounces) sliced mushrooms, drained

In a large bowl, combine the flour, baking powder and salt. Combine the egg, butter, water and lemon juice; stir into dry ingredients until a soft dough forms. Spread half of the dough into a greased 13-in. x 9-in. x 2-in. baking dish.

In a large saucepan, melt butter. Stir in flour and salt until smooth; gradually add the milk. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Stir in turkey and mushrooms. Pour over biscuit dough. Drop remaining dough into nine biscuits onto turkey mixture. Bake at 425° for 15-20 minutes or until biscuits are golden brown. **Yield:** 9 servings.

Nutritional Analysis: 2/3 cup turkey mixture with 1 biscuit equals 642 calories, 40 g fat (25 g saturated fat), 163 mg cholesterol, 936 mg sodium, 49 g carbohydrate, 2 g fiber, 21 g protein.

Makeover Turkey Biscuit Bake

(Pictured above)

Prep: 30 min. **Bake:** 15 min.

1 cup baby carrots, halved lengthwise
1 cup julienned parsnips
1 tablespoon water
2 cups sliced fresh mushrooms
2 tablespoons butter
1/2 cup all-purpose flour
1/2 teaspoon salt
1/8 teaspoon white pepper
4 cups fat-free milk
3 cups diced cooked turkey breast
1/2 cup frozen peas, thawed

BISCUITS:

1 cup all-purpose flour
1/2 cup cake flour
3/4 teaspoon baking powder
1/2 teaspoon salt
1/8 teaspoon baking soda
1 egg
1/2 cup 1% buttermilk
2 tablespoons butter, melted

In a microwave-safe bowl, combine carrots, parsnips and water; cover and microwave on high for 4-5 minutes or until tender. Drain and set aside. In a large nonstick skillet, saute mushrooms in butter until tender. Combine flour, salt, white pepper and milk until smooth; stir into mushrooms. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Stir in the carrots, parsnips, turkey and peas. Transfer to a 13-in. x 9-in. x 2-in. baking dish coated with nonstick cooking spray.

In a bowl, combine the flours, baking powder, salt and baking soda. In another bowl, combine the egg, buttermilk and butter; stir into dry ingredients until a soft dough forms. Drop dough into nine biscuits onto turkey mixture. Bake at 425° for 15-18 minutes or until a toothpick inserted in biscuits comes out clean and biscuits are golden brown. **Yield:** 9 servings.

Nutritional Analysis: 2/3 cup turkey mixture with 1 biscuit equals 290 calories, 7 g fat (4 g saturated fat), 82 mg cholesterol, 494 mg sodium, 32 g carbohydrate, 2 g fiber, 24 g protein. **Diabetic Exchanges:** 2 starch, 2 very lean meat, 1 vegetable, 1 fat.

Health-conscious cooks are always looking for ways to improve recipes, including those that already use better-for-you ingredients.

Pat Doctor, for example, is watching her cholesterol, so she has eliminated flaked coconut from her diet because she knows it's high in fat and saturated fat. That's why Pat's **Coconut Cookies** call for coconut extract instead of flaked coconut. And frosted cornflakes help give the tasty treats a crunchy texture.

"I love coconut, and these drop cookies are really good," she writes from her home in Cocoa, Florida. "But I'd like them even better with less sugar and fat. Would you please help me make over this recipe?"

Our home economists were happy to oblige. They began by decreasing the amount of fat called for in the recipe and using canola oil in place of some of the butter. (Canola oil has no cholesterol and much less saturated fat, making it a great substitute in many baked goods.)

To further reduce the cholesterol and saturated fat, one whole egg and three egg whites were used instead of the three whole eggs called for in the original recipe.

Because our Test Kitchen staff reduced the overall fat in the recipe, they coated the baking pans with nonstick cooking spray. This made it easy to remove the classic cookies after baking.

To cut back the sugar, regular cornflakes were used in place of the frosted variety...and the amount of sugar was successfully reduced.

The trimmed-down treats that resulted have two-thirds the calories, half the fat and just a quarter of the saturated fat and cholesterol. Yet they have a sweet coconut taste and bit of crunch from cornflakes, just like the original.

Coconut Cookies

SALT CARB

Prep: 15 min. **Bake:** 10 min.

1-1/2 cups butter, softened
1/2 cup sugar
1/2 cup packed brown sugar
3 eggs
3 teaspoons vanilla extract
2 teaspoons coconut extract
1-3/4 cups all-purpose flour
3 teaspoons baking powder
1/2 teaspoon salt
4-1/2 cups frosted cornflakes

In a large mixing bowl, cream butter and sugars. Beat in eggs and extracts. Combine the flour, baking powder and salt; gradually add to the creamed mixture. Stir in cereal.

Drop by tablespoonfuls 2 in. apart onto ungreased baking sheets. Bake at 375° for 10-12 minutes or until lightly browned. Remove to wire racks to cool. **Yield:** 4 dozen.

Nutritional Analysis: 1 cookie equals 104 calories, 6 g fat (4 g saturated fat), 29 mg cholesterol, 131 mg sodium, 11 g carbohydrate, trace fiber, 1 g protein.

Makeover Coconut Cookies

FAT SALT CARB

(Pictured at left)

Prep: 15 min. **Bake:** 10 min.

1/4 cup butter, softened
1/4 cup canola oil
1/2 cup packed brown sugar
1/4 cup sugar
3 egg whites
1 egg
3 teaspoons vanilla extract
2 teaspoons coconut extract
1-3/4 cups all-purpose flour
3 teaspoons baking powder
1/2 teaspoon salt
4 cups cornflakes

In a large mixing bowl, combine the butter, oil and sugars. Beat in egg whites, egg and extracts. Combine the flour, baking powder and salt; gradually add to egg mixture. Stir in cereal.

Drop by tablespoonfuls 2 in. apart onto baking sheets coated with nonstick cooking spray. Bake at 375° for 10-12 minutes or until lightly browned. Remove to wire racks to cool. **Yield:** 3-1/2 dozen.

Nutritional Analysis: 1 cookie equals 69 calories, 3 g fat (1 g saturated fat), 8 mg cholesterol, 94 mg sodium, 10 g carbohydrate, trace fiber, 1 g protein. **Diabetic Exchanges:** 1/2 starch, 1/2 fat.

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RECIPE REMAKES. Let our handy Test Kitchen home economists help you cut the fat from a family-favorite dish. Send your recipe with your request and comments to "Makeovers", *Light & Tasty*, 5925 Country Lane, Greendale WI 53129, or E-mail us at *editors@lightandtasty.com*. Please include a color photograph of yourself, if possible, as well as your mailing address and daytime telephone number with area code.

Playing Your Carbs Right

Do the math! These low-carbohydrate dishes still add up to great flavor.

IF YOU THINK less is more when it comes to carbohydrates, be sure to check out the recipes in this new regular feature. Each issue, we'll highlight tempting low-carb dishes that offer a delicious change of pace.

Crustless Mushroom-Spinach Quiche

CARB MEAT-LESS

(Pictured below)

Prep: 20 min. **Bake:** 45 min. + standing

"My aunt gave me this wonderful recipe, and I adapted it a bit," writes Mary Ann Dell from Phoenixville, Pennsylvania. "It's a tasty vegetarian dish that's easy to prepare and full of nutritious vegetables." Because it doesn't have a crust, it's just right for low-carb diets.

1-1/2 cups sliced fresh mushrooms
1-1/2 cups thinly sliced zucchini
1 cup chopped green pepper
1/2 cup chopped onion
1 garlic clove, minced
2 teaspoons canola oil
1 carton (15 ounces) part-skim ricotta cheese
1-1/4 cups egg substitute
1 package (10 ounces) frozen chopped spinach, thawed and squeezed dry
3/4 cup crumbled feta cheese
1 tablespoon minced fresh parsley
1-1/2 teaspoons minced fresh thyme
1/2 teaspoon salt
1/4 teaspoon pepper
2 medium tomatoes, seeded and chopped

Line the bottom of a 9-in. springform pan coated with nonstick cooking spray with heavy-duty foil; set aside. In a large nonstick skillet, saute the mushrooms, zucchini, green pepper, onion and garlic in oil until tender; drain.

In a large bowl, combine ricotta cheese and egg substitute. Stir in the spinach, feta, parsley, thyme, salt and pepper. Stir in mushroom mixture.

Transfer to prepared pan. Bake at 350° for 45-55 minutes or until edges are lightly browned and a knife inserted near the center comes out clean. Let stand for 10 minutes. Carefully remove sides of pan. Top each serving with tomatoes. **Yield:** 6 servings.

Nutritional Analysis: 1 slice equals 244 calories, 13 g fat (7 g saturated fat), 39 mg cholesterol, 625 mg sodium, 13 g carbohydrate, 3 g fiber, 20 g protein. **Diabetic Exchanges:** 3 lean meat, 1 vegetable, 1 fat.

Garlic Cauliflower

FAT SALT CARB

Prep/Total Time: 20 min.

Teri Anne Finnerty of Marshalltown, Iowa shares this no-fuss way to jazz up cauliflower...or most any vegetable. "A friend used this recipe with broccoli," she notes. "Now our sons enjoy both cauliflower and broccoli served this way."

8 cups cauliflowerets
5 garlic cloves, minced
1 tablespoon butter
2 tablespoons reduced-sodium chicken broth
1/8 teaspoon salt
1/8 teaspoon pepper

Place cauliflower in a steamer basket. Place in a saucepan over 1 in. of water; bring to a boil. Cover and steam for 9-11 minutes or until crisp-tender.

Meanwhile, in a small nonstick skillet, saute garlic in butter for about 2 minutes or until tender. Stir in broth. Drain cauliflower and transfer to a serving bowl. Pour butter mixture over cauliflower. Sprinkle with salt and pepper; toss to coat evenly. Serve immediately. **Yield:** 8 servings.

Nutritional Analysis: 3/4 cup equals 38 calories, 2 g fat (1 g saturated fat), 4 mg cholesterol, 76 mg sodium, 5 g carbohydrate, 3 g fiber, 2 g protein. **Diabetic Exchanges:** 1 vegetable, 1/2 fat.

♦ ♦ ♦

HIGH ON LOW-CARBS? Send us recipes for the low-carb all-stars you've sandwiched into your recipe box so we can share them in upcoming issues or on our Web site, *www.lightandtasty.com*.

Write to "Playing Your Carbs Right", *Light & Tasty*, 5925 Country Lane, Greendale WI 53129 or E-mail to *editors@lightandtasty.com*. Please include your name, daytime phone number with area code and complete mailing address with all correspondence.

Be Carb Smart

COUNTING CARBS does not have to be confusing. Here are a few ways to scale back on carbohydrates:

♦ Use lettuce instead of bread. Wrap your favorite sandwich fillings in a lettuce leaf.

♦ Be creative with low-carbs cauliflower. Steam and mash it for a scrumptious stand-in for mashed potatoes. Shredded raw cauliflower can replace rice in some recipes.

♦ Pass on the pasta and use cooked spaghetti squash in its place in noodle dishes.

This Cook Serves Family-Style...Light

In this regular feature, you'll meet cooks who tell us how they prepare lighter meals for their families.

MODERATION is the key to a full life for Betsy and John Larimer. Since they decided to decrease serving sizes at the dinner table, they not only feel healthier, but they've dropped a few clothes sizes, too.

"In our house we monitor the portions of everything we eat," Betsy writes from Somerset, Pennsylvania.

Shortly after they were married, Betsy gained what she likes to call "wedding weight", and John was diagnosed with rising blood pressure and an increasing cholesterol level. "When John's cholesterol skyrocketed, I knew it was time to start eating right," Betsy says. "We needed a new way of life, not a temporary diet or a quick fix.

"We read the book *Change One* from Reader's Digest and learned how to make weekly improvements to our eating habits and lifestyles. In just 3 months, I lost 12 pounds and John lost 17. At first, eating healthy wasn't easy, but as our weight dropped, we were motivated to stick with it."

Downsizing Dinners

To reduce calories, fat and sodium, the couple trimmed their supper portions in half. "We found that we didn't need the large quantities of food we were accustomed to eating," says Betsy. "I began asking our butcher to cut salmon and steak into sensible sizes for us, and at the deli counter, I ordered reduced-fat cheese and lean lunch meats sliced thin.

"We learned to eat slowly, taking time to enjoy our food, and we soon recognized when we felt satisfied as opposed to feeling stuffed. Eventually, John and I could differentiate between being truly hungry and merely craving food as an emotional response.

"We limited our visits to restaurants, knowing that we could prepare healthy food ourselves," Betsy explains. "Salads became a regular staple. The fiber filled us up, helping to limit our portions at dinner. We also ate nutritious breakfasts, lunches and snacks.

LESS IS MORE for Betsy and John Larimer. They slimmed down their serving sizes to lose extra

"My husband and I continue to eat right, motivating each other along the way," she confirms. "Checking in on one another during the day is easy since I'm an administrative assistant at the same company where John works as an engineer. Eating healthy can be tough at times, but we know that the benefits are immeasurable."

By experimenting in the kitchen, Betsy found strategies to keep fat, calories and sodium at bay. "When possible, I use light ingredients," she notes. Such is the case with the menu she shares here.

Savory Supper

Betsy begins with mouth-watering Beef Vegetable Stir-Fry. Loaded with fresh veggies, the simple stir-fry makes frequent appearances at her table. "You can replace the beef with chicken, fish or even tofu," she recommends.

The easy entree offers a succulent sauce that ideally complements Seasoned Brown Rice. "I serve the stir-fry over the rice for a tasty no-fuss meal," Betsy notes. "For maximum flavor, use your fingertips to crumble the dried basil directly into the cooked rice.

"We think the stir-fry and rice make a perfectly sized meal with leftovers for the next day. When we have guests, however, I also whip up a salad." Betsy's recipe for Mixed Greens with Tangy Dressing comes together in minutes.

"Prepared mustard makes the salad dressing zesty," she adds. "Try replacing the oil with pickle juice for an even lighter version. This may sound like a unique substitution, but if you want to lose weight, it pays to experiment in the kitchen."

Editor's Note: For more information on the book *Change One*, see page 62 or visit *www.changeone.com*.

Beef Vegetable Stir-Fry

Prep/Total Time: 25 min.

4-1/2 teaspoons cornstarch
4 tablespoons reduced-sodium soy sauce, *divided*
1 pound beef sirloin steak, cut into 2-inch strips
2 medium green peppers, cut into strips
2 medium onions, halved and thinly sliced
1 tablespoon canola oil
1/2 pound sliced fresh mushrooms

In a large bowl, combine cornstarch and 2 tablespoons soy sauce until smooth. Add beef; stir to coat. In a large skillet or wok, stir-fry the green peppers and onions in oil for 3 minutes; add beef. Cook and stir for 3 minutes. Add mushrooms. Cook and stir for 3-5 minutes or until vegetables are tender and meat is no longer pink. Stir in remaining soy sauce. **Yield:** 4 servings.

Nutritional Analysis: 1 cup equals 254 calories, 9 g fat (3 g saturated fat), 63 mg cholesterol, 658 mg sodium, 17 g carbohydrate, 3 g fiber, 26 g protein. **Diabetic Exchanges:** 3 lean meat, 3 vegetable, 1/2 fat.

Seasoned Brown Rice

FAT MEAT-LESS

Prep: 5 min. **Cook:** 35 min.

1-1/3 cups water
2/3 cup long grain brown rice
1 tablespoon reduced-sodium soy sauce
1/2 teaspoon dried basil
1/4 to 1/2 teaspoon ground ginger
1/8 teaspoon cayenne pepper

In a small saucepan, bring water and rice to a boil. Reduce heat; cover and simmer for 35-45 minutes or until water is ab-

sorbed and rice is tender. Stir in the remaining ingredients. **Yield:** 4 servings.

Nutritional Analysis: 1/2 cup equals 118 calories, 1 g fat (trace saturated fat), 0 cholesterol, 157 mg sodium, 24 g carbohydrate, 2 g fiber, 3 g protein. **Diabetic Exchange:** 1-1/2 starch.

Mixed Greens with Tangy Dressing

CARB MEAT-LESS

Prep/Total Time: 15 min.

3 cups mixed salad greens
2 medium carrots, sliced
1/2 cup sliced fresh mushrooms
1 can (2-1/4 ounces) sliced ripe olives, drained
1/4 cup frozen peas, thawed
1 tablespoon olive oil
1 tablespoon red wine vinegar
2 teaspoons prepared mustard
2 teaspoons honey
1-1/2 teaspoons minced fresh basil

In a large serving bowl, toss the salad greens with the carrots, mushrooms, olives and peas. In a small bowl, whisk the oil, vinegar, mustard, honey and basil. Drizzle over salad; toss to coat. **Yield:** 4 servings.

Nutritional Analysis: 1-1/4 cups equals 92 calories, 5 g fat (1 g saturated fat), 0 cholesterol, 257 mg sodium, 10 g carbohydrate, 3 g fiber, 2 g protein. **Diabetic Exchanges:** 1 vegetable, 1 fat.

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LIGHT TOUCH, TOO? If you've lightened up your family's menus, please tell us how! Send the details, plus at least three recipes, to "Family-Style", *Light & Tasty*, 5925 Country Lane, Greendale WI 53129 or E-mail us at *editors@lightandtasty.com*. Include your full name and complete street address with all correspondence. If we use your recipes in a future issue, you'll receive a $75.00 reward.

Be a Smart Shopper

CREATING a weekly meal plan is Betsy Larimer's first step to stocking her house with nutritious food. "Once I know what I'm going to cook for the week, I make a shopping list," she explains. "This helps me resist buying junk food, as I simply avoid anything that's not on my list.

"I also shop at farmers markets and other spots that sell fruits, vegetables and grains at low cost," Betsy says. "For instance, I visit an Amish food store that sells various grains in bulk. This way, I can afford to keep items such as bulgur and oatmeal on hand, and I can always add them to whatever I'm preparing."

Fine Dining Pared Down

Dazzle your dinner guests with this light and flavor-filled feast.

HOSTING a special evening with friends or family doesn't have to be an invitation to fill up on fat and calories. Your guests will be pleasantly surprised when they find out this scrumptious dinner won't add inches to their waistlines.

Chicken with Garlic Sauce

CARB

Prep: 15 min. **Cook:** 30 min.

"Wow" is sure to be the unanimous response from guests after their first bite of this moist herb chicken that's topped with garlic sauce. "I received this recipe from my brother, and we were surprised at how mild the savory sauce is," says Paula Bolt of Eden Prairie, Wisconsin. "It's delicious!"

3 tablespoons all-purpose flour, *divided*
1-1/2 teaspoons minced fresh rosemary *or* 1/2 teaspoon dried rosemary, crushed
1-1/2 teaspoons rubbed sage
3/4 teaspoon salt
1/2 teaspoon pepper
4 boneless skinless chicken breast halves (1-1/2 pounds)
2 tablespoons olive oil, *divided*
20 garlic cloves, halved lengthwise
1/2 cup chopped onion
1/4 teaspoon crushed red pepper flakes
1/4 cup white wine *or* reduced-sodium chicken broth
1-1/4 cups reduced-sodium chicken broth
1 tablespoon butter, melted
3 tablespoons minced fresh parsley

In a large resealable plastic bag, combine 2 tablespoons flour, rosemary, sage, salt and pepper; add chicken. Seal bag and shake to coat. In a large nonstick skillet, brown chicken in 1 tablespoon oil over medium heat for 4 minutes on each side. Transfer to an 8-in. square baking dish coated with nonstick cooking spray. Bake, uncovered, at 325° for 15 minutes.

Meanwhile, in the same skillet, saute the garlic, onion and red pepper flakes in remaining oil until onion is tender and garlic begins to brown, about 3 minutes. Stir in wine or broth; bring to a boil. Boil until wine is reduced by half, about 2-3 minutes.

Stir in chicken broth; bring to a boil. Boil until broth is reduced by half, about 7-8 minutes. Remove from the heat.

Combine butter and remaining flour; whisk into skillet. Return to heat. Bring to a boil; cook and stir for 1-2 minutes or until sauce thickens. Serve warm over chicken breasts. Sprinkle with parsley. **Yield:** 4 servings.

Nutritional Analysis: 1 chicken breast half with 5 tablespoons sauce equals 339 calories, 12 g fat (4 g saturated fat), 106 mg cholesterol, 774 mg sodium, 12 g carbohydrate, 1 g fiber, 42 g protein. **Diabetic Exchanges:** 5 lean meat, 1 vegetable, 1/2 starch.

Mixed Greens and Apple Salad

FAT SALT CARB MEAT-LESS

Prep/Total Time: 10 min.

A sweet-tart yogurt dressing complements a delightful combination of salad greens, apple chunks and crumbled feta cheese in this refreshing salad. Our Test Kitchen home economists created the recipe.

5-1/3 cups mixed salad greens
2 medium apples, cored and cut into 3/4-inch pieces
2 tablespoons crumbled feta cheese
LEMON HONEY SALAD DRESSING:
4 teaspoons lemon juice
2-1/2 teaspoons honey
3/4 teaspoon fat-free reduced-sugar vanilla yogurt
1 teaspoon canola oil
1/4 teaspoon minced fresh garlic
Dash salt
Dash white pepper
Dash ground nutmeg

In a large salad bowl, combine the salad greens, apple and feta cheese. In a jar with a tight-fitting lid, combine the salad dressing ingredients; shake well. Drizzle over salad; toss to combine. **Yield:** 4 servings.

Nutritional Analysis: 1-1/4 cups equals 82 calories, 3 g fat (1 g saturated fat), 4 mg cholesterol, 107 mg sodium, 15 g carbohydrate, 3 g fiber, 2 g protein. **Diabetic Exchanges:** 1 vegetable, 1/2 fruit, 1/2 fat.

Orange Marmalade Sweet Rolls

FAT MEAT-LESS

Prep: 15 min. + rising **Bake:** 15 min.

"My husband has heart trouble, so we had to get away from all the brown sugar, honey and butter I used to bake with," writes Lacey Griffin from Fredonia, Pennsylvania. "My family enjoys the citrus taste of these tender low-fat rolls that I bake in muffin cups."

1 loaf (1 pound) frozen bread dough, thawed
1/3 cup 100% orange marmalade spreadable fruit
2 tablespoons raisins
1/3 cup confectioners' sugar
1/2 teaspoon grated orange peel
2 teaspoons orange juice

On a floured surface, roll dough into a 12-in. x 8-in. rectangle; brush with orange marmalade. Sprinkle with raisins. Roll up jelly-roll style, starting with a long side; pinch dough to seal. Cut into 12 slices. Place cut side down in muffin cups coated with nonstick cooking spray. Cover and let rise until doubled, about 45 minutes.

Bake at 350° for 15-20 minutes or until golden brown. Immediately remove to serving plates. Combine the confectioners' sugar, orange peel and orange juice; drizzle over warm rolls. **Yield:** 1 dozen.

Nutritional Analysis: 1 roll equals 140 calories, 2 g fat (trace saturated fat), 0 cholesterol, 211 mg sodium, 28 g carbohydrate, 1 g fiber, 4 g protein. **Diabetic Exchange:** 2 starch.

♦ ♦ ♦

SPECIAL EFFECTS. Do you have a special menu that prompts praise, not pounds? Send the recipes to "Fine Dining", *Light & Tasty*, 5925 Country Lane, Greendale WI 53129 or E-mail to *editors@lightandtasty.com*.

Helpful Hints for Healthy Cooking

TURN to this page in each issue for tips and techniques that cut fat, calories or sodium, save money or trim time in the kitchen.

♦ My husband and I are watching our intake of fat, sodium, cholesterol and carbohydrates. We buy only fat-free milk for drinking and cooking. We have found a very good product to add to the milk for a creamy taste on cereal and whenever a recipe calls for half-and-half or cream.

It is fat-free liquid coffee creamer. Each serving has no fat, cholesterol or sodium and just 2 grams of carbohydrates and 10 calories. It is delicious!

—Gertrude Olson
Larimore, North Dakota

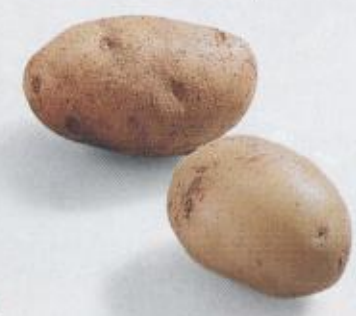
♦ Real mashed potatoes are my preference. When I see a sale of "two for one" potatoes at the market, I buy two bags. But I often end up with too many spuds on hand to use before they begin to sprout eyes.

So I peel, cook and mash one bag to the "ready to serve" stage. Then, using an ice cream scoop, I put two scoops of mashed potatoes into each compartment of a muffin tin. I found that a 5-pound bag of potatoes yields about 18 servings of mashed potatoes.

I put the tins into the freezer until the potatoes are frozen. Then I run the bottom side of the tin under warm water to help release the potatoes...and store the individual servings in heavy-duty plastic bags in the freezer.

When I need a serving or two of mashed potatoes, I just take them out and heat in the microwave. My granddaughter enjoys this for an after-school snack instead of other not-so-healthy treats.

—Eugenia Morin
Arden Hills, Minnesota



Try these simple subscriber suggestions for lightening up your family's meals.

♦ ♦ ♦

♦ When making meatballs, I use a small scoop to form them. I spray the scoop with nonstick cooking spray first so the meatballs don't stick to the scoop.

I then bake the meatballs on a rack in a baking pan to let the grease drip off. I either serve them immediately or use my vacuum sealer to package them for freezing.

—Bonnie Ryan
Carson City, Nevada

♦ I like to season foods, particularly chicken and turkey, with a lot of rosemary. But my guests don't like the "dry pine needles" as they call them. So I came up with this solution.

I put the dried rosemary in a clean coffee grinder and grind it into a powder. Then I sprinkle the rosemary powder on the chicken or turkey. The house smells so good while it cooks, and everyone enjoys the meal.

—Charley Gomes, Tucson, Arizona

♦ I have every issue of *Light & Tasty* since its premiere. Here's my trick for finding healthy recipes quickly. I photocopy the Recipe Index for each issue, place it in a plastic sheet protector and file it in a three-ring binder.

When I'm looking for a certain recipe, I just glance through the binder of indexes. When I locate the recipe in the index, I can pull out the appropriate issue. This saves me the hassle of getting out all of my magazines and searching through each index.

—Rubye Crumpton, Spring, Texas

♦ Since we are trying to reduce the fat and cholesterol in our diets, we are using more egg whites and fewer yolks. Instead of throwing away the yolks, I microwave them until cooked, chop them up and throw them outside for the birds. The yolks are a good source of protein...and the birds love them!

—Sue Burkiewicz, Orland Park, Illinois

♦ In the "Ask the Dietitian" column in the Dec/Jan issue, a reader noted that she was unable to find a product for washing impurities from fresh fruits and vegetables. As an independent Watkins manager, I'd like to let her know that Watkins Home and Health Products offers such a product.

It's called "Fresh Wash", and it removes more than 90% of surface contaminants and impurities from fresh fruits and vegetables.

To order it, you can call toll-free 1-800/475-4132. Or find a Watkins manager in your area by visiting *www.watkins.online.com.*

—June Paton
Wichita, Kansas

♦ My husband and I have been eating brown rice for quite a while now because it is healthier than white rice. To keep it from being boring, I sometimes add chopped garlic, lime, cilantro and slivered almonds to it.

Another way I jazz up brown rice is by adding a packet of Hidden Valley Fiesta Ranch Dip mix to the rice as it cooks. I've found this gives it a little zip.

—Jeaneen Fenton
Forest City, Pennsylvania

♦ ♦ ♦

GIVE US A HINT. Please share your favorite tips for promoting lighter and more nutritious eating. We may include your ideas in a future issue or on our Web site (*www.lightandtasty.com*). Write to "Healthy Hints", *Light & Tasty*, 5925 Country Lane, Greendale WI 53129 or E-mail to *editors@lightandtasty.com.*

Light Bites

Luscious low-cal snacks and appetizers don't have to weigh you down.

IF you're guilt-ridden over sneaky snacking, relax! In this regular feature, you'll find deliciously nutritious nibbles.

Breaded Ravioli

(Pictured below)

Prep: 20 min. + standing **Bake:** 10 min.

These lightly toasted ravioli, baked instead of deep-fried, are much kinder to your waistline, Michelle Smith reports. "The homemade tomato and green pepper salsa is the best I've ever tried," she writes from Sykesville, Maryland.

1 package (16 ounces) frozen beef ravioli
1/2 cup dry bread crumbs
1/2 to 1-1/2 teaspoons salt-free Italian herb seasoning
1/4 cup reduced-fat Italian salad dressing

ITALIAN SALSA:

1 can (14-1/2 ounces) diced tomatoes, undrained
1/2 medium green pepper, quartered
1/2 small red onion, quartered
1 tablespoon minced fresh oregano *or* 1 teaspoon dried oregano
1 tablespoon minced fresh basil *or* 1 teaspoon dried basil
1 garlic clove, minced
1 teaspoon balsamic vinegar
1/2 teaspoon salt
1/4 teaspoon sugar

Cook ravioli according to package directions; drain and let stand for 10 minutes. In a shallow bowl, combine bread crumbs and seasoning. In another shallow bowl, pour dressing. Dip ravioli into dressing, then coat with crumb mixture. Place on baking sheets coated with nonstick cooking spray. Lightly coat ravioli with nonstick cooking spray. Bake at 400° for 8-9 minutes or until lightly browned.

Meanwhile, in a food processor or blender, combine salsa ingredients. Pulse for 15-20 seconds. Serve ravioli with salsa. **Yield:** 6 servings.

Nutritional Analysis: 5 ravioli with 1/3 cup salsa equals 262 calories, 7 g fat (2 g saturated fat), 26 mg cholesterol, 924 mg sodium, 40 g carbohydrate, 4 g fiber, 10 g protein. **Diabetic Exchanges:** 2 starch, 1 lean meat, 1 vegetable, 1 fat.

Blueberry Muffins

MEAT-LESS

Prep: 15 min. **Bake:** 30 min.

"These berry-packed muffins are so sweet and fruity, my husband and two young daughters just love them," shares Teresa Christensen of Osceola, Wisconsin.

3 tablespoons butter, softened
1 cup sugar
1 egg
1/2 cup fat-free evaporated milk
1/4 cup water
2 cups all-purpose flour
2 teaspoons baking powder
1 teaspoon salt
1-1/2 cups fresh *or* frozen blueberries

In a large mixing bowl, beat butter and sugar until crumbly, about 2 minutes. Add egg; beat well. Combine milk and water. Combine the flour, baking powder and salt; add to creamed mixture alternately with milk mixture. Fold in blueberries.

Coat muffin cups with nonstick cooking spray or use paper liners; fill three-fourths full with batter. Bake at 350° for 27-30 minutes or until a toothpick comes out clean. Cool in pans for 5 minutes before removing to a wire rack. **Yield:** 1 dozen.

Nutritional Analysis: 1 muffin equals 191 calories, 4 g fat (2 g saturated fat), 26 mg cholesterol, 283 mg sodium, 36 g carbohydrate, 1 g fiber, 4 g protein. **Diabetic Exchanges:** 2 starch, 1/2 fat.

Editor's Note: If using frozen blueberries, do not thaw before adding to batter.

Grandma's Wheat Germ Cookies

SALT CARB

Prep: 20 min. **Bake:** 10 min.

In her Clear Lake, Minnesota kitchen, Pam Voigt lightened up a traditional oatmeal chocolate chip cookie by adding wheat germ, eliminating butter and using applesauce.

1-1/2 cups all-purpose flour
1-1/2 cups toasted wheat germ
1 cup quick-cooking oats
1 cup packed brown sugar
2 teaspoons baking powder
1 teaspoon salt
1/2 cup unsweetened applesauce
1/2 cup canola oil
2 eggs, lightly beaten
1 cup (6 ounces) miniature chocolate chips
1/2 cup chopped walnuts *or* pecans

In a large mixing bowl, combine the first six ingredients. Combine the applesauce, oil and eggs. Add to the flour mixture; mix well. Stir in the chocolate chips and walnuts.

Drop by rounded teaspoonfuls 2 in. apart onto baking sheets coated with nonstick cooking spray. Flatten slightly with a glass bottom coated with nonstick cooking spray. Bake at 350° for 10-12 minutes or until edges are lightly browned and cookies are set. Cool for 1 minute before removing to wire racks. **Yield:** 4 dozen.

Nutritional Analysis: 1 cookie equals 102 calories, 5 g fat (1 g saturated fat), 9 mg cholesterol, 64 mg sodium, 13 g carbohydrate, 1 g fiber, 2 g protein. **Diabetic Exchanges:** 1 starch, 1 fat.

Hold the Sugar...

If a spoonful of sugar isn't in your diet, these low-sugar and sugar-free sensations are sure to go down in the most delightful way.

PREPARING mouth-watering snacks doesn't have to be a challenge if you are diabetic or trying to cut down on sugar. These tasty low-sugar treats shared by readers and our home economists are sure to give you a few delectable ideas for your next meal or get-together.

Cheesecake Phyllo Cups

SALT CARB

(Pictured below)

Prep/Total Time: 25 min.

Lorraine Chevalier of Merrimac, Massachusetts borrowed this recipe from a friend, whose husband is diabetic, and has been making the colorful cheesecake bites ever since. Topped with kiwifruit and mandarin oranges, they are just delicious.

4 ounces reduced-fat cream cheese
1/2 cup reduced-fat sour cream
Sugar substitute equivalent to 2 tablespoons sugar
1 teaspoon vanilla extract
2 packages (2.1 ounces *each*) frozen miniature phyllo shells, thawed
1 can (11 ounces) mandarin orange slices, drained
1 kiwifruit, peeled, sliced and cut into quarters

In a bowl, whisk together the cream cheese, sour cream, sugar substitute and vanilla until smooth. Pipe or spoon into phyllo shells. Top each with an orange segment and kiwi piece. Refrigerate until serving. **Yield:** 2-1/2 dozen.

Nutritional Analysis: 3 cups equals 137 calories, 7 g fat (3 g saturated fat), 15 mg cholesterol, 83 mg sodium, 13 g carbohydrate, trace fiber, 3 g protein. **Diabetic Exchanges:** 1 starch, 1 fat.

Editor's Note: This recipe was tested with Splenda No Calorie Sweetener. Look for it in the baking aisle of your grocery store.

Spiced Honey Pears

FAT SALT

Prep/Total Time: 15 min.

Take one bite of these spiced pears whipped up by our Test Kitchen and enjoy a scrumptious burst of flavors that will warm you up on even the chilliest winter nights.

6 medium ripe pears
2 tablespoons honey
1/4 to 1/2 teaspoon Chinese five-spice powder
1/4 to 1/2 teaspoon ground cinnamon

Cut a 3/4-in. slice off the top of each pear, reserving tops. Core pears, leaving bottoms intact. Cut 1/8-in. slice from bottoms to level if necessary. Drizzle insides of each pear with 1 teaspoon of honey. Combine five-spice powder and cinnamon; sprinkle inside pears. Replace pear tops.

Arrange pears upright in a shallow 2-qt. microwave-safe dish. Microwave, uncovered, for 4-7 minutes or until pears are tender, turning every 2 minutes. Serve warm with juices spooned over pears. **Yield:** 6 servings.

Nutritional Analysis: 1 pear equals 119 calories, 1 g fat (trace saturated fat), 0 cholesterol, trace sodium, 31 g carbohydrate, 4 g fiber, 1 g protein. **Diabetic Exchange:** 2 fruit.

Editor's Note: This recipe was tested in a 1,100-watt microwave.

Apple Brown Betty

FAT

Prep: 15 min. **Bake:** 55 min.

A low-fat spin on a down-home traditional treat, this recipe sent in by Dale Hartman of Coventry, Rhode Island features a fraction of the sugar, fat and calories...but all of the comforting taste of the original.

6 cups sliced peeled Golden Delicious apples
Sugar substitute equivalent to 1/3 cup sugar
1/4 teaspoon ground cinnamon
2 slices reduced-calorie whole wheat bread
2 tablespoons reduced-fat butter, melted
1/2 cup orange juice
1/3 cup fat-free whipped cream cheese
1/2 cup reduced-fat whipped topping

Place apple slices in a bowl. Combine sugar substitute and cinnamon; sprinkle over apples and toss to coat evenly. Place bread in a food processor; cover and process until fine crumbs form. In a small bowl, combine bread crumbs and butter until blended.

Place half of apple mixture in an 8-in. square baking dish coated with nonstick cooking spray. Top with about 1/3 cup crumb mixture and remaining apple mixture. Pour orange juice over apples. Cover and bake at 350° for 30 minutes. Uncover; sprinkle with remaining crumb mixture. Bake 25-30 minutes longer or until apples are tender and crumb topping is golden brown.

In a mixing bowl, beat cream cheese until smooth. Beat in half of the whipped topping. Fold in remaining whipped topping. Serve with Apple Brown Betty. **Yield:** 6 servings.

Nutritional Analysis: 1 serving with a rounded tablespoon of topping equals 134 calories, 3 g fat (2 g saturated fat), 8 mg cholesterol, 142 mg sodium, 25 g carbohydrate, 2 g fiber, 3 g protein. **Diabetic Exchanges:** 1 fruit, 1/2 starch, 1/2 fat.

Editor's Note: This recipe was tested with Splenda No Calorie Sweetener and Land of Lakes light stick butter. Look for Splenda in the baking aisle of your grocery store.

Kiwifruit Cuisine

ON THE SURFACE, kiwifruit is no beauty. But its fuzzy brown "wrapper" hides a taste treasure. Here's the inside scoop:

- Kiwifruit is a great snack eaten raw out of hand. Rinse it, gently rub the skin with a cloth to remove excess fuzz and bite right in. Or cut the fruit in half and spoon it out like a melon.
- For fuzz-free eating, cut off the kiwifruit's top and bottom ends and remove its skin with a vegetable peeler. Use an egg slicer to cut uniform pieces for recipes or garnish.
- Mix chopped kiwifruit into pancake or waffle batter, then top the stack with additional slices.
- Use kiwifruit as a winter substitute for tomatoes in sandwiches, salads or salsa.
- Eat sliced kiwifruit with reduced-fat cheese and crackers.
- Stir cut kiwifruit into pasta or chicken salads.
- Prepare pavlova, a popular dessert in Australia and New Zealand that consists of a meringue shell topped with fresh fruit, including kiwi.
- Containing the enzyme actinidin, kiwifruit is a natural tenderizer. Puree the fruit and rub on meat or poultry; refrigerate for 30 minutes before cooking.
- One serving—two medium kiwifruits—has 90 calories.

Easy Cherry Cobbler

(Pictured above)

Prep: 5 min. **Bake:** 30 min.

A warm and welcome ending to any meal, this easy cobbler sent in by Sherry Craw of Mattoon, Illinois tastes as soothing as it sounds. The almond extract gives it an extra flavor boost.

1 can (20 ounces) reduced-sugar cherry pie filling
1/4 teaspoon almond extract
2 cups reduced-fat biscuit/baking mix
2 tablespoons plus 1 teaspoon sugar, *divided*
1/2 cup fat-free milk
2 tablespoons reduced-fat margarine, melted

In a large bowl, combine pie filling and extract; spread into a 9-in. deep-dish pie plate. Bake, uncovered, at 400° for 10 minutes.

Meanwhile, in a bowl, combine the baking mix and 2 tablespoons sugar. In another bowl, combine the milk and margarine. Stir milk mixture into dry ingredients until a soft dough forms. Drop dough by spoonfuls over warmed pie filling. Sprinkle with remaining sugar. Bake, uncovered, at 400° for 20-25 minutes until topping is golden brown. Serve warm. **Yield:** 8 servings.

Nutritional Analysis: 1 serving equals 206 calories, 4 g fat (1 g saturated fat), trace cholesterol, 393 mg sodium, 40 g carbohydrate, 1 g fiber, 3 g protein. **Diabetic Exchanges:** 1-1/2 starch, 1 fruit, 1/2 fat.

Editor's Note: This recipe was tested with Parkay light stick margarine.

♦ ♦ ♦

LIFE IS SWEET. Have a tasty recipe suitable for diabetics? Share it here or on our Web site (*www.lightandtasty.com*). Write to "Hold the Sugar", *Light & Tasty*, 5925 Country Lane, Greendale WI 53129 or E-mail to *editors@lightandtasty.com*. Please include your daytime phone number along with your full name and street address.

Going with the Grains

If you are looking for foods that fill you up but don't fill you out, just open your pantry. Hearty grains such as wheat, oats and rice are kitchen staples that can add essential fiber and nutrients to your diet...plus give you the energy you need in your daily life.

With their mellow flavor, grains lend themselves to a variety of dishes, from chili and pilafs to sandwiches and salads. So it's easy to find a place for grains on any menu.

Cabbage Patch Bread

SALT MEAT-LESS

(Pictured above)

Prep: 25 min. + rising **Bake:** 25 min.

"I make my own bread, but I could never get my children to eat any of the whole-grain breads I considered more nutritious...until I came across this one," writes Jeanne Bennett of Minden, Louisiana. "The name caught their attention, but the taste got their approval!"

1 package (1/4 ounce) active dry yeast
1/3 cup warm water (110° to 115°)
1 can (5 ounces) evaporated milk
1/4 cup canola oil
1 egg
3/4 cup coarsely chopped cabbage
1 medium carrot, cut into chunks
1/4 cup sliced celery
1/4 cup minced fresh parsley *or* 4 teaspoons dried parsley flakes
2 tablespoons honey
1 teaspoon salt
3 cups whole wheat flour
1-1/4 cups all-purpose flour

In a large mixing bowl, dissolve yeast in warm water. In a blender or food processor, combine the milk, oil, egg, cabbage, carrot, celery, parsley, honey and salt; cover and process until smooth. Add to yeast mixture. Stir in whole wheat flour and enough all-purpose flour to form a soft dough.

Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1-1/2 hours.

Punch dough down. Turn onto a lightly floured surface; divide in half. Cover and let rest for 10 minutes. Shape into round loaves. Place on two greased baking sheets. Cover and let rise until doubled, about 1 hour.

Bake at 350° for 25-30 minutes or until golden brown. Cover loosely with foil during the last 10 minutes if top browns too quickly. Remove from pans to wire racks to cool. **Yield:** 2 loaves (10 slices each).

Nutritional Analysis: 1 slice equals 138 calories, 4 g fat (1 g saturated fat), 13 mg cholesterol, 133 mg sodium, 22 g carbohydrate, 3 g fiber, 4 g protein. **Diabetic Exchanges:** 1-1/2 starch, 1/2 fat.

Lentil Bulgur Salad

MEAT-LESS

Prep: 20 min. + standing **Cook:** 15 min. + chilling

Give any meal an exotic flair with this zesty twist on Middle Eastern tabbouleh—a traditional bulgur salad with tomatoes, onions and parsley. Laura Bryant German of West Warren, Massachusetts tosses her version with lentils and feta cheese.

1-1/2 cups boiling water
1-1/2 cups bulgur
5 cups water
1-1/2 cups dried lentils, rinsed
1 cup diced green pepper
1 cup diced sweet red pepper
1/2 cup chopped green onions
1/2 cup minced fresh parsley
DRESSING:
1/3 cup cider vinegar
1/3 cup olive oil
1 tablespoon dried basil
1 tablespoon dill seed
1 teaspoon salt
1/4 teaspoon pepper
3/4 cup feta cheese

In a large bowl, pour boiling water over bulgur; let stand until the liquid is absorbed, about 30 minutes. Meanwhile, in a saucepan, bring water to a boil. Add lentils. Reduce heat; cover and simmer until tender, about 15 minutes. Drain. In another large bowl, combine bulgur and lentils; cool completely.

Add the peppers, onions and parsley. In a jar with a tight-fitting lid, combine the vinegar, oil, basil, dill, salt and pepper. Pour over salad; toss to coat. Crumble feta cheese over top; toss again. Cover and refrigerate for 4 hours or until serving. **Yield:** 10 servings.

Nutritional Analysis: 1 cup equals 271 calories, 10 g fat (3 g saturated fat), 10 mg cholesterol, 370 mg sodium, 35 g carbohydrate, 13 g fiber, 13 g protein. **Diabetic Exchanges:** 2 lean meat, 1-1/2 starch, 1 fat.

Editor's Note: Look for bulgur in the cereal, rice or organic food aisle of your grocery store.

♦ ♦ ♦

GRIST FOR THE MILL. You can add to our serial of good-for-you grain dishes. If you do wonders with wheat, rice, rye, oats, barley, corn, etc., let us know. We may share your ideas here or on our Web site (*www.lightandtasty.com*). Write to "Going with the Grains", *Light & Tasty*, 5925 Country Lane, Greendale WI 53129 or E-mail to *editors@lightandtasty.com*. Include your name and street address with all correspondence.

Simmer Up a Souper Bowl!

As the trend towards healthier eating heats up, try one of these good-for-you soups steaming on the front burner.

WHEN taking stock of options for a balanced diet, be sure to include soup in the mix. Loaded with vegetables, hearty starches and lean protein, soup overflows with good nutrition and great taste.

This time, we're tempting you with a meatless spinach soup and a comforting bean and low-fat sausage concoction. We predict you'll love every spoonful!

Spinach Bean Soup

MEAT-LESS

(Pictured below)

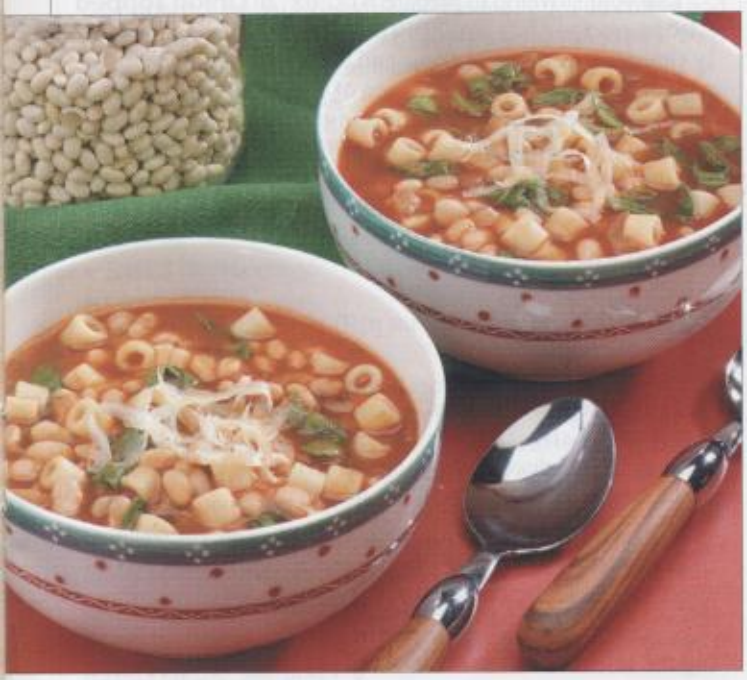
Prep: 20 min. **Cook:** 35 min.

"This easy soup is so good, I had to send you the recipe to share it with as many people as possible," jots Melissa Griffin from Lansing, Michigan. Chock-full of pasta, beans and spinach, it makes a fresh-tasting and satisfying first course or a light meal in itself.

1/2 cup chopped onion
3 garlic cloves, minced
1 tablespoon olive oil
2 cups water
1 can (15 ounces) tomato puree
1 can (14-1/2 ounces) reduced-sodium chicken broth *or* vegetable broth
1 teaspoon dried oregano
1/2 teaspoon sugar
1/2 teaspoon salt
1/4 teaspoon pepper
5 cups packed torn fresh spinach
1 can (16 ounces) navy beans, rinsed and drained
1-1/2 cups cooked small tube *or* other small pasta
1/2 to 1 teaspoon hot pepper sauce
8 teaspoons shredded Parmesan cheese

In a large saucepan or Dutch oven, saute onion and garlic in oil until tender. Stir in the water, tomato puree, broth, oregano, sugar, salt and pepper. Bring to a boil. Reduce heat; cover and simmer for 20 minutes. Add the spinach, beans, cooked pasta and hot pepper sauce; heat through. Sprinkle with Parmesan cheese. **Yield:** 5 servings.

Nutritional Analysis: 1-1/2 cups equals 243 calories, 4 g fat (1 g saturated fat), 2 mg cholesterol, 940 mg sodium, 39 g carbohydrate, 7 g fiber, 13 g protein. **Diabetic Exchanges:** 2 starch, 2 vegetable, 1 lean meat.



Cannellini Comfort Soup

Prep: 15 min. **Cook:** 35 min.

"Reduced-fat sausage, white beans and veggies make this nutritious soup plenty filling. Plus, it warms you from head to toe," notes Susan Coryell of Huddleston, Virginia. "If you are feeling creative, try adding some chopped fresh carrots along with onion and pepper...or more chicken broth for a 'soupier' effect," she suggests.

1/2 pound reduced-fat fully cooked smoked sausage, cut into bite-size pieces
1 tablespoon olive oil
1/2 cup chopped green pepper
1/3 cup chopped onion
2 garlic cloves, minced
1/3 cup white wine *or* chicken broth
1 can (14-1/2 ounces) reduced-sodium chicken broth
1/2 teaspoon Italian seasoning
1/4 teaspoon pepper
1 can (19 ounces) cannellini *or* white kidney beans, rinsed and drained
3 cups coleslaw mix

In a large saucepan, cook sausage in oil for 2 minutes. Add the green pepper, onion and garlic. Cook and stir 2-3 minutes longer or until vegetables are tender. Stir in the 1/3 cup wine or broth; cook about 3 minutes longer. Stir in the broth, Italian seasoning and pepper. Bring to a boil. Reduce heat; cover and simmer for 15 minutes. Stir in beans and coleslaw mix. Return to a boil. Reduce heat; cover and simmer until beans are heated through and cabbage is tender. **Yield:** 4 servings.

Nutritional Analysis: 1 cup equals 251 calories, 7 g fat (1 g saturated fat), 25 mg cholesterol, 939 mg sodium, 31 g carbohydrate, 7 g fiber, 14 g protein. **Diabetic Exchanges:** 2 lean meat, 1-1/2 starch, 1 vegetable.

♦ ♦ ♦

BOWL US OVER. Have a nutritious, satisfying soup recipe? Send it our way, and we may share it in a future issue or on our Web site (*www.lightandtasty.com*). Write to "Souper Bowl", *Light & Tasty*, 5925 Country Lane, Greendale WI 53129 or E-mail to *editors@lightandtasty.com*.

Nutritious Meals Are a Snap with Weekday Planner

Streamline dinnertime during your busy workweek with the five family-friendly menus shown here.

FOR ON-THE-GO FAMILIES, coming up with ideas for healthy dinners on hectic weeknights can be a challenge. That's why we created this Weekday Menu Planner, which offers a workweek's worth of good-for-you meals that taste good, too.

For each night during the week, we matched a tasty main dish with a complementary side dish or dessert. (All 10 recipes are featured in the recipe card section beginning on page 27.)

We assigned the dishes to specific nights of the week, but feel free to rearrange them to fit your family's schedule.

To please a variety of palates, you may want to combine a main dish from one day with a side dish or dessert from another day. And don't forget the two Wild Card recipes on page 31. You can't go wrong by adding the Cinnamon Loaf or Key Lime Cheesecake featured this time to one of the menus.

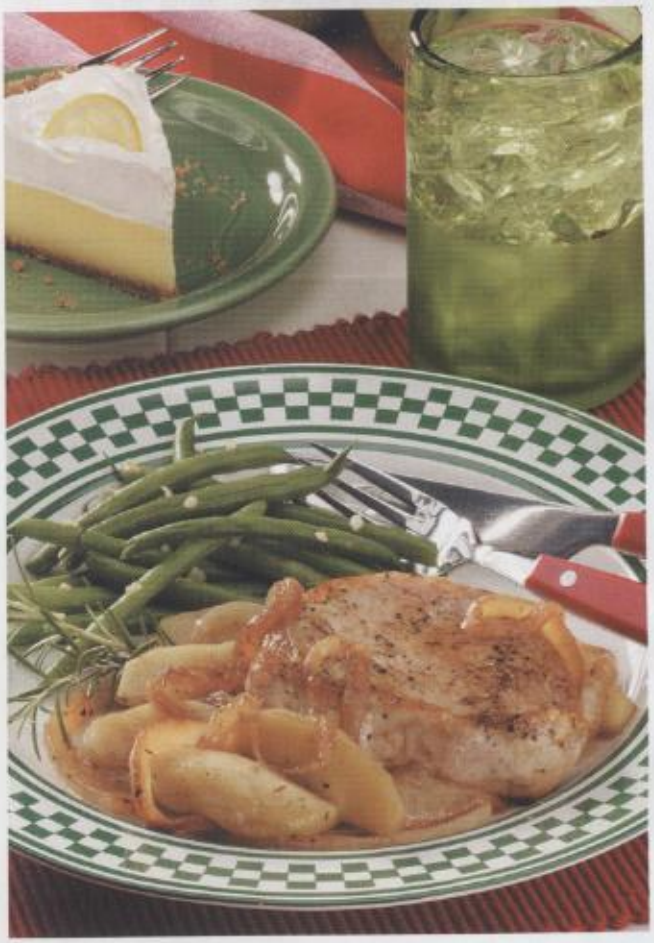
To help complete each meal, we also recommend ideas for "Appealing Partners". Sometimes, it's a simple item you can throw together without a recipe—like the baked potatoes on Thursday's menu. Or it might be a convenience food available in the deli, bakery, canned food aisle, frozen food section or produce department. The canned pears that round out Wednesday's dinner are an example.

On occasion, the appealing partner we're suggesting may be another recipe in the issue, such as the Lemon Cream Pie that's pictured with Monday's menu.

Because your time can be limited on weeknights, we also offer "Practical Tips" with each meal. These helpful hints might be shopping information, quick substitutions or speedy serving suggestions.

So turn to this handy Weekday Menu Planner when you'd like to gather your family around the table for meals that are both nutritious and delicious.

MONDAY



Skillet Chops and Green Beans

Use your stovetop to prepare **Apples 'n' Onion Topped Chops** (recipe card on p. 27). The tender pork chops are swiftly simmered with apple slices and caramelized onions in this recipe shared by Beverly McLain of Endicott, New York.

You'll need just five simple ingredients to fix **Garlic Green Beans** (recipe card on p. 27) sent in by Howard Levine of Arleta, California. The tasty treatment for fresh green beans is especially appealing to garlic lovers.

APPEALING PARTNERS

- Bakery rolls
- Lemon Cream Pie (recipe on p. 9)

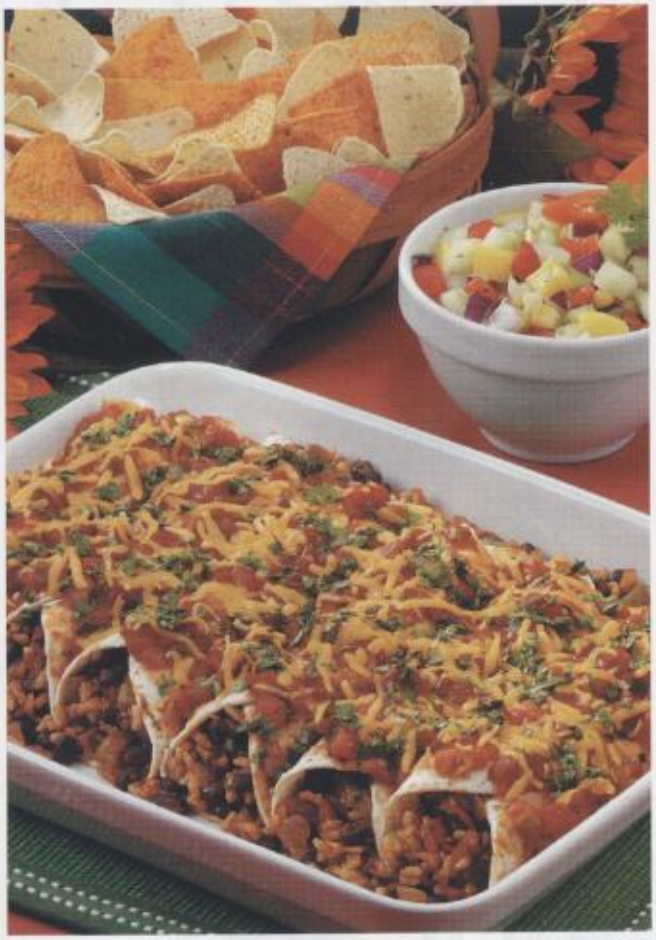
PRACTICAL TIPS

The recipe for Apples 'n' Onion Topped Chops calls for sweet onion slices. When buying sweet onions, look for them in the produce section under the names Vidalia, Maui, Walla Walla, Rio Sweet or OSO Sweet.

To boost the flavor of the main dish, add 1/4 teaspoon of caraway seeds...or use two minced cloves of garlic instead of the garlic powder.

Don't have time to trim the fresh green beans when making the side dish? Use frozen cut green beans instead.

TUESDAY



Enchiladas and Cucumber Salsa

Christie Ladd of Rockville, Maryland relies on cumin and red pepper flakes to give her satisfying **Black Bean and Rice Enchiladas** (recipe card on p. 27) a little zip.

For a refreshing accompaniment, serve **Chunky Cucumber Salsa** (recipe card on p. 27). The colorful medley from Sarah Lubner of Milwaukee, Wisconsin includes cucumber and mango for a refreshing change of pace.

APPEALING PARTNERS

- Baked tortilla chips
- Chicken soup

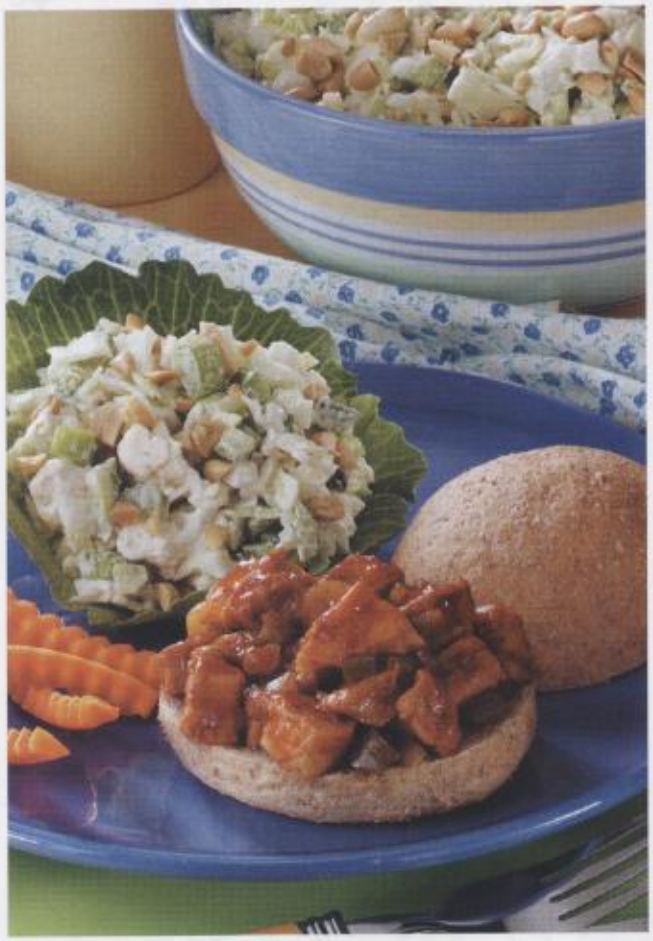
PRACTICAL TIPS

The main dish recipe calls for 2 cups cooked brown rice. If you don't have leftover brown rice, consider preparing a big batch, then divide the extras into 1-cup portions and freeze for up to 3 months to use later in soups and casseroles. If you're in a hurry, cook instant brown rice instead.

If you like hot salsa, Sarah recommends increasing the amount of cayenne and jalapeno pepper.

The salsa recipe makes 4 cups, so Sarah says it's perfect for parties and buffets. "I like to serve it with lime-flavored tortilla chips," she notes.

WEDNESDAY



Barbecue Sandwiches and Coleslaw

In San Antonio, Texas, Arlene Anderson uses leftover turkey to fix flavorful **Turkey Barbecue** (recipe card on p. 29).

For an appealing accompaniment, serve Judy Madsen's **Crunchy Peanut Coleslaw** (recipe card on p. 29). The Ellis, Idaho cook tosses a crunchy combination of vegetables and chopped peanuts with a mild dressing for delicious results.

APPEALING PARTNERS

- Carrot sticks
- Canned pears

PRACTICAL TIPS

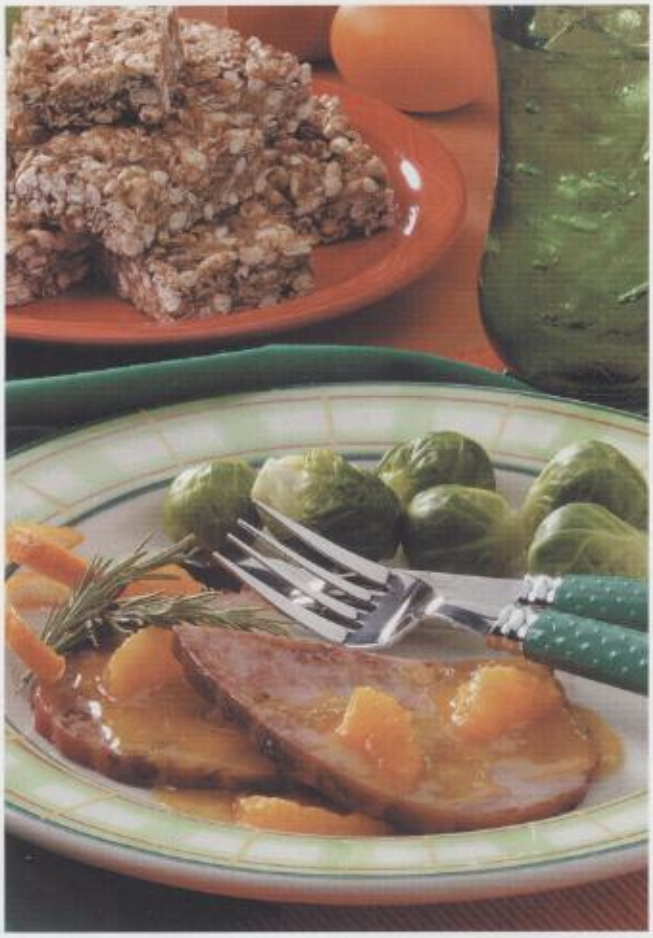
Arlene likes to make the Turkey Barbecue filling ahead of time and keep it in the freezer for up to 3 months. "My husband and I get a lot of visitors from up north," she explains. "So having this in the freezer comes in handy."

If you don't have tarragon vinegar on hand for the coleslaw dressing, use the same amount of white wine vinegar and a dash of tarragon instead.

Before preparing the coleslaw, remove eight large outer leaves from a whole head of cabbage and refrigerate them for Friday's cabbage rolls. Then chop as much of the remaining cabbage as needed to measure 4 cups.

Continued→

THURSDAY



Fruity Ham Slices and Granola Bars

You can have your main dish ready in 15 minutes when you fix **Spiced Tangerine Ham** (recipe card on p. 29) from our Test Kitchen. Ginger, cloves and honey add flavor to the glossy citrus sauce that's served over ham slices.

Cap off the meal with **Granola Cereal Bars** (recipe card on p. 29) from Helen Velichko of Kansas City, Missouri. The trimmed-down treats have a yummy peanut butter flavor and a touch of sweetness from mini chocolate chips.

APPEALING PARTNERS

- Steamed brussels sprouts
- Baked potatoes

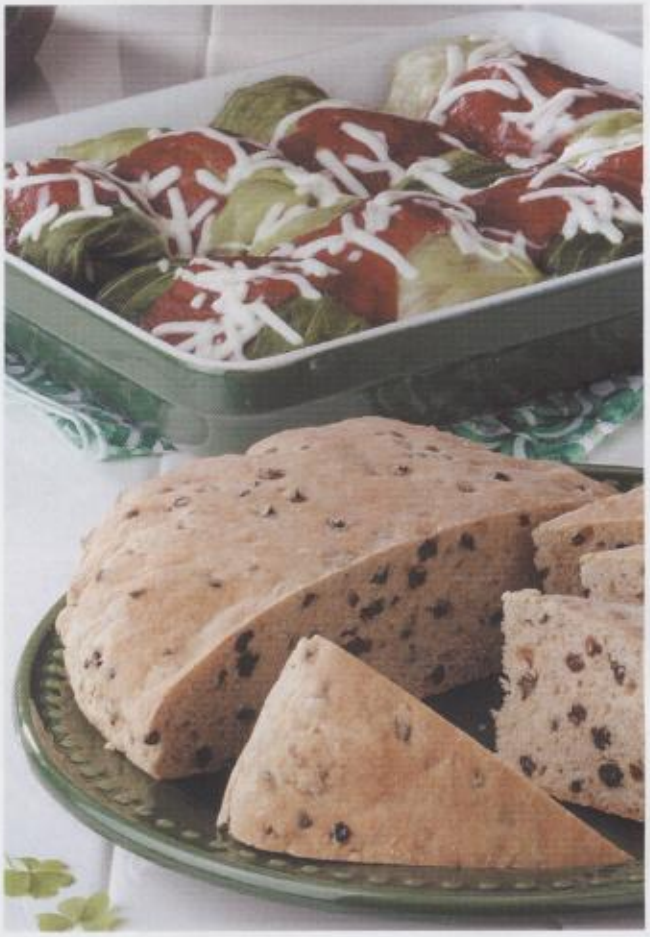
PRACTICAL TIPS

The fully cooked ham slices needed for Spiced Tangerine Ham are available in packages in the meat department near whole hams. Package weights vary, but pound packages are common.

You can substitute three medium navel oranges for the eight tangerines called for in the main dish.

When making the Granola Cereal Bars, feel free to stir in 2 tablespoons of sunflower kernels or wheat germ for an extra nutritional boost.

FRIDAY



Cabbage Rolls and Soda Bread

Folks will never know that **Cabbage Rolls** (recipe card on p. 31) from Dolly Mullen of Langley, Washington have been lightened up. The traditional rolls have a hearty ground beef filling and are topped with tangy tomato sauce.

Serve them with wedges of **Irish Soda Bread** (recipe card on p. 31) from Ruth Russell of Clyde, North Carolina. The moist round loaf, which is dotted with currants, is a nice addition to a St. Patrick's Day meal.

APPEALING PARTNERS

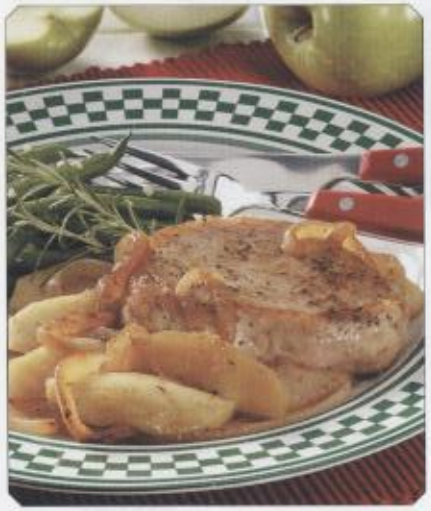
- Tropical fruit medley
- Hot tea

PRACTICAL TIPS

If you set aside cabbage leaves on Wednesday, you'll save time when making tonight's Cabbage Rolls. Simply cook the leaves in boiling water until crisp-tender, rather than boiling the whole head as the recipe directs.

While currants are traditional in Irish Soda Bread, Ruth suggests substituting raisins or red or green cherries.

"I usually double the recipe and bake the dough in two loaf pans," Ruth adds. "We have slices of this bread toasted almost every morning for breakfast."

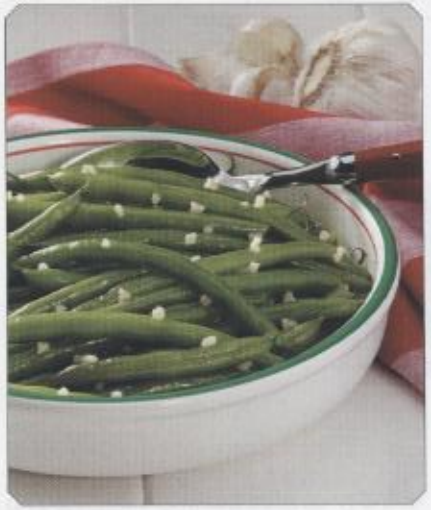


Apples 'n' Onion Topped Chops

Prep/Total Time: 30 min.

- 4 boneless lean pork loin chops (5 ounces *each*)
- 3 cups sweet onion slices
- 1 teaspoon canola oil
- 2 medium Granny Smith apples, peeled and sliced
- 1/2 cup water
- 2 tablespoons brown sugar
- 1 tablespoon cider vinegar
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 to 1/2 teaspoon pepper →

Now that my husband and I are trying to lose weight, I find it a challenge to come up with healthy dishes that are flavorful, quick and appealing to our young daughter. This one fits the bill on all accounts. —Beverly McLain of Endicott, New York



Garlic Green Beans

FAT CARB MEAT-LESS

Prep/Total Time: 20 min.

- 1 pound fresh green beans, trimmed
- 1 to 2 garlic cloves, minced
- 1/2 teaspoon salt
- 1/8 teaspoon white pepper
- 2 teaspoons olive oil

Place beans and enough water to cover in a saucepan; bring to a boil. Cook, uncovered, for 8-10 minutes or until crisp-tender; drain. Toss beans with garlic, salt and pepper. Drizzle with oil. Serve immediately. **Yield:** 4 servings.

Nutritional Analysis: 3/4 cup equals →

Here's a quick-and-easy treatment for fresh green beans that calls for just a handful of ingredients. Everyone who eats them loves them. —Howard Levine of Arleta, California

Black Bean and Rice Enchiladas

MEAT-LESS

Prep: 40 min. **Bake:** 30 min.

- 1 green pepper, chopped
- 1 medium onion, chopped
- 3 garlic cloves, minced
- 1 tablespoon olive oil
- 1 can (15 ounces) black beans, rinsed and drained
- 1 can (14-1/4 ounces) diced tomatoes with green chilies
- 1/4 cup picante sauce
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1/4 teaspoon crushed red pepper flakes →

I love Mexican food, but I'm always looking for ways to make it more healthy. I "renovated" a dish that I have enjoyed in restaurants to suit my taste and lifestyle. —Christie Ladd of Rockville, Maryland

Chunky Cucumber Salsa

FAT CARB MEAT-LESS

Prep: 20 min. + chilling

- 3 medium cucumbers, peeled and coarsely chopped
- 1 medium mango, coarsely chopped
- 1 cup frozen corn, thawed
- 1 medium sweet red pepper, coarsely chopped
- 1 small red onion, coarsely chopped
- 1 jalapeno pepper, finely chopped
- 3 garlic cloves, minced →

Although this may sound like an "interesting" grouping of flavors, it has never let me down. Recipe requests are guaranteed as people try to guess the secret ingredient...it's mango! —Sarah Lubner of Milwaukee, Wisconsin

Black Bean and Rice Enchiladas

(continued...)

2 cups cooked brown rice
8 flour tortillas (7 inches), warmed
1 cup salsa
1 cup (4 ounces) reduced-fat shredded cheddar cheese
3 tablespoons chopped fresh cilantro

In a large nonstick skillet, saute the green pepper, onion and garlic in oil until tender. Add the beans, tomatoes, picante sauce, chili powder, cumin and red pepper flakes; bring to a boil. Reduce heat; simmer, uncovered, until heated through and mixture thickens. Add rice; cook 5 minutes longer or until heated through.

Spoon a rounded 1/2 cup down the center of each tortilla. Fold sides over filling and roll up. Place in a 13-in. x 9-in. x 2-in. baking dish coated with nonstick cooking spray. Spoon salsa over each tortilla. Cover and bake at 350° for 25 minutes. Uncover; sprinkle with cheese and cilantro. Bake 2-3 minutes longer or until cheese is melted. **Yield:** 8 servings.

Nutritional Analysis: 1 enchilada equals 271 calories, 6 g fat (2 g saturated fat), 10 mg cholesterol, 638 mg sodium, 43 g carbohydrate, 5 g fiber, 12 g protein. **Diabetic Exchanges:** 2-1/2 starch, 1 lean meat, 1 vegetable.

Chunky Cucumber Salsa

(continued...)

2 tablespoons white wine vinegar
1 tablespoon minced fresh cilantro
1 teaspoon salt
1/2 teaspoon sugar
1/4 to 1/2 teaspoon cayenne pepper

In a large bowl, combine all the ingredients. Cover and refrigerate for 2-3 hours before serving. **Yield:** 4 cups.

Nutritional Analysis: 1/2 cup equals 57 calories, trace fat (trace saturated fat), 0 cholesterol, 297 mg sodium, 13 g carbohydrate, 2 g fiber, 2 g protein. **Diabetic Exchanges:** 1 vegetable, 1/2 fruit.

Editor's Note: When cutting or seeding hot peppers, use rubber or plastic gloves to protect your hands. Avoid touching your face.

Apples 'n' Onion Topped Chops

(continued...)

1/4 teaspoon dried rosemary, crushed

In a large nonstick skillet coated with nonstick cooking spray, cook chops for about 3 minutes on each side or until browned. Remove meat; set aside and keep warm.

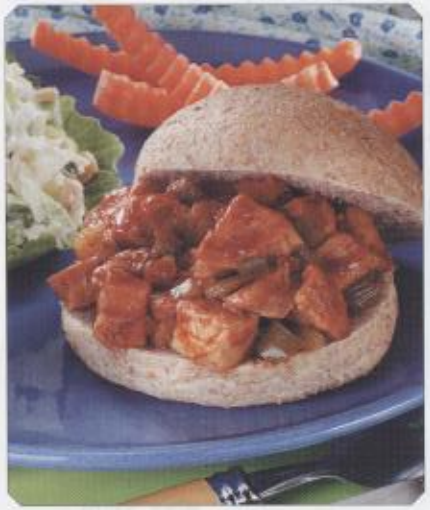
In same skillet, cook and stir onion in oil for 7 minutes or until golden brown. Add apple slices; cook and stir 3 minutes longer. Combine the water, brown sugar, vinegar, garlic powder, salt, pepper and rosemary. Stir into skillet. Bring to a boil. Return meat to pan. Reduce heat; cover and simmer for 8-10 minutes or until apples are crisp-tender and a meat thermometer reads 160°. **Yield:** 4 servings.

Nutritional Analysis: 1 pork chop with 1/2 cup apple-onion mixture equals 326 calories, 11 g fat (4 g saturated fat), 79 mg cholesterol, 344 mg sodium, 25 g carbohydrate, 2 g fiber, 33 g protein. **Diabetic Exchanges:** 4 lean meat, 2 vegetable, 1 fruit.

Garlic Green Beans

(continued...)

61 calories, 3 g fat (trace saturated fat), 0 cholesterol, 298 mg sodium, 9 g carbohydrate, 4 g fiber, 2 g protein. **Diabetic Exchanges:** 1 vegetable, 1/2 fat.

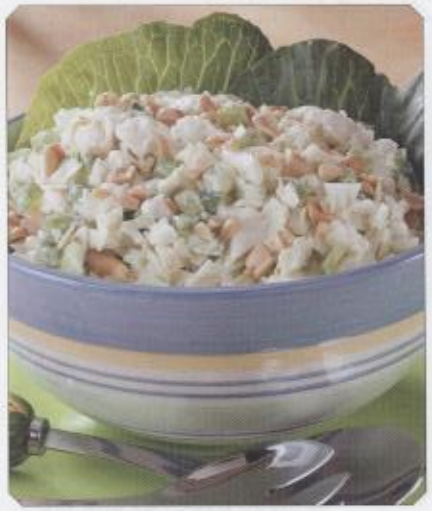


Turkey Barbecue

Prep: 15 min. **Cook:** 25 min.

- 1 celery rib, chopped
- 1 medium onion, chopped
- 1/4 cup chopped green pepper
- 1 tablespoon canola oil
- 1/4 cup packed brown sugar
- 1/4 cup ketchup
- 1/4 cup picante sauce
- 2 tablespoons Worcestershire sauce
- 1-1/2 teaspoons chili powder
- 1 teaspoon salt
- 1/8 teaspoon pepper
- Dash hot pepper sauce
- 4 cups cubed cooked turkey →

I originally got this recipe from my daughter-in-law, who likes to cook healthy meals. I just added my Texas touch to give the chunky turkey sandwiches some zip. I serve them with a cranberry salad. —Arlene Anderson of San Antonio, Texas



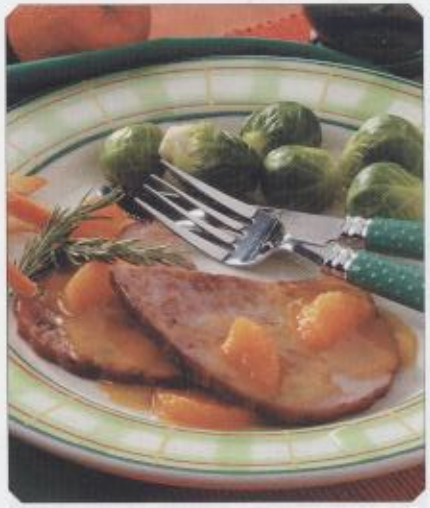
Crunchy Peanut Coleslaw

CARB MEAT-LESS

Prep/Total Time: 20 min.

- 1 cup (8 ounces) reduced-fat sour cream
- 1/2 cup fat-free mayonnaise
- 1 tablespoon sugar
- 1 tablespoon tarragon vinegar
- 1/2 teaspoon salt
- 1/4 teaspoon white pepper
- 4 cups finely chopped cabbage
- 1 cup coarsely chopped cauliflower
- 1 cup chopped celery
- 1/4 cup finely chopped onion
- 1/4 cup chopped green pepper →

When entertaining my large family, I like to offer a buffet of delicious food. This salad has been enjoyed by all. They like its peanutty crunch and tangy dressing. —Judy Madsen of Ellis, Idaho



Spiced Tangerine Ham

Prep/Total Time: 15 min.

- 8 medium tangerines
- 2 teaspoons cornstarch
- 1 tablespoon honey
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 4 slices fully cooked ham (1 pound)

Squeeze juice from six tangerines; strain pulp. Segment remaining tangerines; set aside. In a small bowl, combine cornstarch and tangerine juice until smooth; stir in the honey, ginger and cloves.

In a large nonstick skillet coated with nonstick cooking spray, brown ham →

Slices of fully cooked ham are glazed with a thick fruit sauce that's nicely seasoned with ginger and cloves. This entree is special enough for company, yet it's ready in just 15 minutes. —Test Kitchen

Granola Cereal Bars

SALT

Prep: 15 min. + cooling

- 1/2 cup packed brown sugar
- 1/2 cup creamy peanut butter
- 1/4 cup light corn syrup
- 1 teaspoon vanilla extract
- 2 cups old-fashioned oats
- 1-1/2 cups crisp rice cereal
- 1/4 cup miniature chocolate chips

In a microwave-safe bowl, combine the brown sugar, peanut butter and corn syrup; cover and microwave on high for 2 minutes or until mixture comes to a boil, stirring once. Stir in the vanilla; add oats and cereal. Fold in chocolate →

These sweet peanut butter bars are perfect for breakfast, dessert or an anytime snack. You can add raisins instead of chocolate chips if you prefer. —Helen Velichko of Kansas City, Missouri

Spiced Tangerine Ham

(continued...)

slices on both sides; remove and keep warm. Stir tangerine juice mixture and add to the skillet. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in the tangerine segments; heat through. Serve over the ham. **Yield:** 4 servings.

Nutritional Analysis: 4 ounces cooked ham with 3 tablespoons sauce equals 232 calories, 6 g fat (2 g saturated fat), 53 mg cholesterol, 1,623 mg sodium, 22 g carbohydrate, 3 g fiber, 23 g protein. **Diabetic Exchanges:** 3 lean meat, 1 fruit.

Granola Cereal Bars

(continued...)

chips. Press into a 9-in. square pan coated with nonstick cooking spray. Cool and cut into bars. **Yield:** 1 dozen.

Nutritional Analysis: 1 bar equals 199 calories, 7 g fat (2 g saturated fat), 0 cholesterol, 88 mg sodium, 31 g carbohydrate, 2 g fiber, 5 g protein. **Diabetic Exchanges:** 2 starch, 1 fat.

Editor's Note: This recipe was tested in a 1,100-watt microwave.

Turkey Barbecue

(continued...)

8 whole wheat hamburger buns, split

In a large nonstick skillet, saute the celery, onion and green pepper in oil for 3-4 minutes or until tender. Stir in the brown sugar, ketchup, picante sauce, Worcestershire sauce, chili powder, salt, pepper and pepper sauce; bring to a boil. Reduce heat; simmer, uncovered, for 3-4 minutes. Add turkey; simmer 10 minutes longer or until heated through. Serve on buns. **Yield:** 8 servings.

Nutritional Analysis: 1 sandwich equals 295 calories, 7 g fat (2 g saturated fat), 53 mg cholesterol, 758 mg sodium, 33 g carbohydrate, 4 g fiber, 25 g protein. **Diabetic Exchanges:** 3 lean meat, 2 starch.

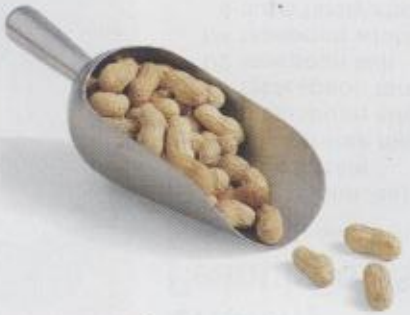
Crunchy Peanut Coleslaw

(continued...)

1/4 cup finely chopped cucumber
1/2 cup chopped peanuts

Combine the sour cream, mayonnaise, sugar, vinegar, salt and pepper; stir until blended. In a large bowl, combine the cabbage, cauliflower, celery, onion, green pepper and cucumber. Pour dressing over vegetables; toss to coat. Sprinkle with peanuts. **Yield:** 8 servings.

Nutritional Analysis: 3/4 cup equals 121 calories, 7 g fat (2 g saturated fat), 12 mg cholesterol, 323 mg sodium, 14 g carbohydrate, 3 g fiber, 4 g protein. **Diabetic Exchanges:** 1 vegetable, 1 fat, 1/2 starch.



Cabbage Rolls

Prep: 35 min. **Bake:** 35 min.

- 1 medium head cabbage
- 3/4 pound lean ground beef
- 1/2 cup chopped onion
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 1/2 cup water
- 1/3 cup instant brown rice
- 1 can (15 ounces) tomato sauce
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried thyme
- 1/2 teaspoon sugar
- 1/2 cup shredded part-skim mozzarella cheese →

This is a delicious recipe for traditional cabbage rolls. In summer when tomatoes are plentiful, I use peeled fresh tomatoes instead of canned diced tomatoes to reduce the sodium.
—Dolly Mullen of Langley, Washington

Irish Soda Bread

FAT MEAT-LESS

Prep: 10 min. **Bake:** 20 min. + cooling

- 1-1/2 cups all-purpose flour
- 1/2 cup whole wheat flour
- Sugar substitute equivalent to 2 tablespoons sugar
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 tablespoons cold butter
- 1 cup 1% buttermilk
- 1/2 cup dried currants

In a large bowl, combine the flours, sugar substitute, baking soda and salt; cut in butter. Stir in buttermilk just until moistened. Fold in currants. Knead on a →

Both my husband and I are diabetics. I have found that Splenda is great for replacing sugar in many recipes, including this one. It is the fastest bread you can make...and so tasty!
—Ruth Russell of Clyde, North Carolina

Cinnamon Loaf

MEAT-LESS

Prep: 20 min. **Bake:** 45 min. + cooling

- 1/4 cup butter, softened
- 1 cup plus 2 tablespoons sugar, *divided*
- 2 eggs
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup 1% buttermilk
- 1 teaspoon ground cinnamon

In a large mixing bowl, beat butter until light and fluffy, about 1 minute. Gradually beat in 1 cup sugar. Add eggs, →

This sweet cake-like bread is easy to make and great to serve at breakfast, with dinner or as a snack. It freezes well, so you can keep loaves on hand for yourself as well as for gift-giving.
—Dorothy Bateman of Carver, Massachusetts

Key Lime Cheesecake

Prep: 25 min. **Bake:** 40 min. + chilling

- 3/4 cup reduced-fat graham cracker crumbs (about 8 squares)
- Sugar substitute equivalent to 2 tablespoons sugar
- 2 tablespoons butter, melted

FILLING:

- 2 packages (8 ounces *each*) reduced-fat cream cheese, cubed
- 1 package (8 ounces) fat-free cream cheese, cubed
- Sugar substitute equivalent to 2/3 cup sugar
- 1/3 cup sugar →

I modified this old family recipe to use healthier ingredients. The texture is so smooth and light. It is a favorite dessert that is enjoyed by all.
—Darlene Kohler of Flower Mound, Texas

Cinnamon Loaf

(continued...)

one at a time, beating well after each addition. Stir in vanilla. Combine the flour, baking powder, baking soda and salt. Add to creamed mixture alternately with buttermilk just until mixed.

Transfer half of the mixture to a 9-in. x 5-in. x 3-in. loaf pan coated with nonstick cooking spray. Combine cinnamon and remaining sugar. Sprinkle three-fourths of mixture over batter. Top with remaining batter and sprinkle with remaining cinnamon mixture.

Bake at 350° for 45-50 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack to cool completely. **Yield:** 14 servings.

Nutritional Analysis: 1 slice equals 173 calories, 4 g fat (2 g saturated fat), 40 mg cholesterol, 225 mg sodium, 30 g carbohydrate, 1 g fiber, 3 g protein. **Diabetic Exchanges:** 2 starch, 1/2 fat.

Key Lime Cheesecake

(continued...)

3 tablespoons all-purpose flour
3 eggs, lightly beaten
1 cup (8 ounces) reduced-fat sour cream
1/3 cup key lime *or* lime juice
2 teaspoons grated lime peel
2 teaspoons vanilla extract
2 drops green food coloring, optional

Wrap bottom of a 9-in. springform pan with a double layer of heavy-duty foil; coat pan with nonstick cooking spray. Combine the first three ingredients. Press onto the bottom of pan. Bake at 350° for 8-10 minutes or until set. Cool.

In a mixing bowl, beat cream cheese until smooth. Combine the sugar substitute, sugar and flour; gradually beat into cream cheese. Add eggs; beat on low speed just until combined. Beat in the sour cream, lime juice, peel, vanilla and food coloring if desired just until combined. Pour into crust.

Place pan in a large baking pan; add 1 in. of hot water to larger pan. Bake at 350° for 40-45 minutes or until center is just set. Remove springform pan from water bath. Cool on a wire rack for 10 minutes. Carefully run a knife around edge of pan to loosen; cool 1 hour. Remove foil from pan. Chill overnight. Remove sides of pan. Refrigerate leftovers. **Yield:** 14 servings.

Nutritional Analysis: 1 piece equals 205 calories, 12 g fat (7 g saturated fat), 81 mg cholesterol, 293 mg sodium, 16 g carbohydrate, trace fiber, 9 g protein. **Diabetic Exchanges:** 2 fat, 1 starch, 1 lean meat.

Editor's Note: This recipe was tested with Splenda No Calorie Sweetener.

Cabbage Rolls

(continued...)

Cook cabbage in boiling water just until leaves fall off head. Set aside 8 large leaves for rolls. (Refrigerate remaining cabbage for another use.) Cut out the thick vein from the bottom of each reserved leaf, making a V-shaped cut. Set aside.

In a large nonstick skillet, cook the ground beef and onion over medium heat until meat is no longer pink; drain. Stir in tomatoes and water; bring to a boil. Stir in rice; return to a boil. Reduce heat; cover and simmer for 5 minutes. Place about 1/3 cup beef mixture on each reserved cabbage leaf; overlap cut ends of leaf. Fold in sides, beginning from the cut end. Roll up completely to enclose filling.

In a bowl, combine the tomato sauce, Worcestershire sauce, basil, thyme and sugar. Spread half on the bottom of an 11-in. x 7-in. x 2-in. baking dish coated with nonstick cooking spray. Top with cabbage rolls and remaining tomato sauce mixture.

Cover and bake at 350° for 30 minutes. Uncover; sprinkle with cheese. Bake 5-10 minutes longer or until bubbly and cheese is melted. **Yield:** 4 servings.

Nutritional Analysis: 2 cabbage rolls equals 281 calories, 9 g fat (4 g saturated fat), 50 mg cholesterol, 897 mg sodium, 24 g carbohydrate, 4 g fiber, 24 g protein. **Diabetic Exchanges:** 3 lean meat, 3 vegetable, 1/2 starch.

Irish Soda Bread

(continued...)

floured surface 8-10 times. Shape into a 7-in. round loaf; place on a baking sheet coated with nonstick cooking spray.

Bake at 375° for 20-25 minutes or until a toothpick inserted near the center comes out clean. Remove from pan to a wire rack. **Yield:** 1 loaf (12 slices).

Nutritional Analysis: 1 slice equals 120 calories, 2 g fat (1 g saturated fat), 6 mg cholesterol, 245 mg sodium, 21 g carbohydrate, 2 g fiber, 3 g protein. **Diabetic Exchange:** 1-1/2 starch.

Editor's Note: This recipe was tested with Splenda No Calorie Sweetener.

Meatless Main Dishes

Whether you've chosen a vegetarian lifestyle or just like to take an occasional break from meat, you'll savor these satisfying recipes from readers. Who needs meat when you can serve these flavorful dishes?

Roasted Vegetable Lasagna

MEAT-LESS

(Pictured above)

Prep: 50 min. **Bake:** 45 min. + standing

"This recipe is a favorite of my vegetarian friends," writes Virginia Anthony of Blowing Rock, North Carolina. "I lightened it by using egg substitute and reduced-fat cheese. I also added a few more vegetables."

1 eggplant (1 pound), peeled and cut into 1/4-inch slices
1/2 pound fresh mushrooms, cut into 1/4-inch slices
3 small zucchini, cut lengthwise into 1/4-inch slices
2 sweet red peppers, cut lengthwise into 6 pieces
3 tablespoons olive oil
1 garlic clove, minced
1 teaspoon salt
1/2 teaspoon pepper
1 carton (15 ounces) reduced-fat ricotta cheese
1/4 cup grated Parmesan cheese
1/4 cup egg substitute
1 jar (26 ounces) chunky meatless pasta sauce
12 no-cook lasagna noodles
2 cups (8 ounces) shredded part-skim mozzarella cheese
3 tablespoons minced fresh basil

Coat two 15-in. x 10-in. x 1-in. baking pans with nonstick cooking spray. Place eggplant and mushrooms on a prepared pan. Place the zucchini and red pepper on the second pan. Combine the oil and garlic; brush over both sides of vegetables. Sprinkle with salt and pepper. Bake, uncovered, at 400° for 15 minutes. Turn vegetables over. Bake 15 minutes longer. Remove eggplant and mushrooms. Bake zucchini and red pepper 5-10 minutes longer or until edges are browned.

In a bowl, combine the ricotta cheese, Parmesan cheese and egg substitute. Spread about 1/4 cup pasta sauce in a 13-in. x 9-in. x 2-in. baking dish coated with nonstick cooking spray. Layer with four lasagna noodles (noodles will overlap slightly), half of ricotta cheese mixture, half of vegetables, a third of pasta sauce and 2/3 cup mozzarella cheese. Sprinkle with half of basil. Repeat layers. Top with the remaining noodles and pasta sauce.

Cover and bake at 350° for 40 minutes. Uncover; sprinkle with remaining cheese. Bake 5-10 minutes longer or until edges are bubbly and cheese is melted. Let stand for 10 minutes before cutting. **Yield:** 9 servings.

Nutritional Analysis: 1 piece equals 361 calories, 15 g fat (6 g saturated fat), 31 mg cholesterol, 820 mg sodium, 40 g carbohydrate, 5 g fiber, 19 g protein. **Diabetic Exchanges:** 2 lean meat, 2 starch, 2 vegetable, 1 fat.

Chickpea Sandwich Spread

MEAT-LESS

Prep/Total Time: 20 min.

Trish Quinn of Cheyenne, Wyoming came up with this spread as an alternative to lunch meat. "The pickle juice gives this hummus-like mixture added flavor without fat," she notes.

1/2 cup dill pickle relish
1/3 cup reduced-fat mayonnaise
1/4 cup dill pickle juice
1 tablespoon honey Dijon mustard
2 cans (19 ounces *each*) chickpeas *or* garbanzo beans, rinsed and drained, *divided*
1/3 cup finely chopped celery
1/3 cup shredded carrot
7 whole wheat pita bread halves
2 cups fresh torn spinach
7 tomato slices, halved

In a blender or food processor, combine the pickle relish, mayonnaise, pickle juice and mustard. Add one can of chickpeas; cover and process until smooth. Gradually add remaining can of chickpeas; blend until smooth.

Transfer to a bowl; stir in celery and carrot. Line pita bread with spinach leaves and tomato slices. Place about 1/2 cup chickpea mixture in each pita half. **Yield:** 7 servings.

Nutritional Analysis: 2 filled pita halves equals 293 calories, 8 g fat (1 g saturated fat), 4 mg cholesterol, 601 mg sodium, 48 g carbohydrate, 9 g fiber, 10 g protein. **Diabetic Exchanges:** 3 starch, 1 very lean meat.

♦ ♦ ♦

EATING MEATLESS, TOO? If you have a meatless entree that wins raves from family and friends, send in the recipe. Mail your recipes and hints to "Meatless Main Dishes", *Light & Tasty*, 5925 Country Lane, Greendale WI 53129 or E-mail *editors@lightandtasty.com*.

Meatless Meat Exchanges...

WONDERING WHY we sometimes list meat in the Diabetic Exchanges on this page when we feature only meatless recipes here?

When our registered dietitians calculate the *meat exchanges* in recipes, they are referring to *protein foods*. One meat exchange is equal to about 7 grams of protein. Other forms of protein that are calculated as "meat exchanges" include cheeses, eggs, beans, peas, lentils, etc.

That's why you'll sometimes see meat exchanges listed on this page, even though all the recipes are meatless.

Contest Winners Trim The Fat with Tenderloin

Looking for satisfying suppers that are delicious and nutritious? Sink your teeth into hearty helpings of beef, chicken or pork tenderloin.

IT'S no surprise that clever family cooks turn to the terrific taste of tenderloin to appease big appetites in their homes. They know that tenderloin is a surefire way to satisfy meat-and-potato lovers while keeping healthy eating goals on track.

That's why we chose "Tantalizing Tenderloin" as a recent *Light & Tasty* recipe contest. We asked readers to share dishes starring beef, chicken or pork tenderloin...and our Test Kitchen received hundreds of entries!

Many submissions favored herbs over salt to flavor the protein-packed main courses. Other recipes relied on low-fat sauces or slimmed-down stuffings to outshine the competition. Additional entries skewered moist meats on kabobs, set slices over fresh greens or stir-fried strips of tenderloin into scrumptious sensations.

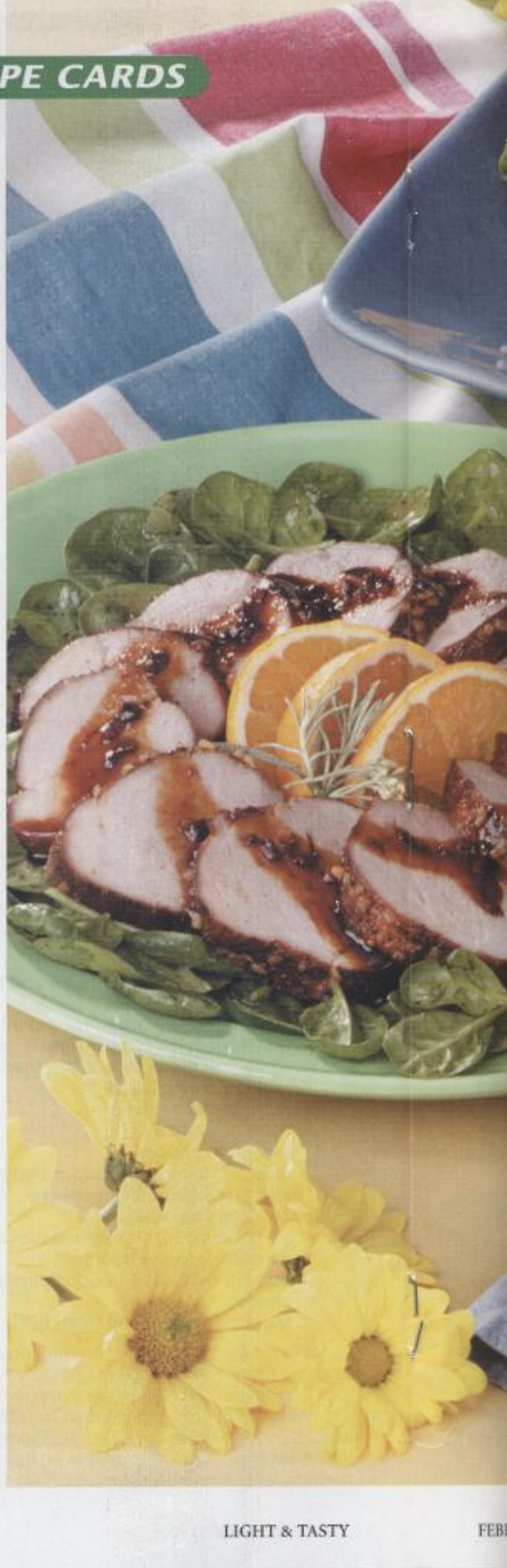
After much delicious deliberation, the judging panel selected their eight favorites. The first three prize-winners are pictured at right, but you'll find all of the winning specialties in the Clip-and-Keep Recipe Card Section that follows.

The $600.00 Grand Prize went to Pat Sellon for **Spicy Pork Tenderloin Salad** (center). To learn more about the Monticello, Wisconsin cook, her mouth-watering entree and our complete prize package, turn to page 36.

From Tampa, Florida, Christel Stein shared exquisite **Beef Filets with Portobello Sauce** (bottom) and won second place—$400.00 in cash.

Deborah DeMers came in third. She shared the skinny behind **Spinach-Stuffed Beef Tenderloin** (top) and received a check for $200.00 at her home in DeRidder, Louisiana.

Turn here next issue for the winners of our "Sensational Salads Contest".



Full-Flavored Feast

LOOKING for a fast and easy way to flavor tenderloin without using all the fat and salt that many recipes require? Consider whipping up your own rub or marinade!

♦ **Rapid Rubs.** Leave the salt shaker on the shelf and raid your spice rack. Mix your favorite herbs and seasonings together, and stir in some minced garlic or prepared mustard for an extra flavor boost. Rub this combination directly onto the meat before cooking the entree.

♦ **Must-Try Marinades.** There's no need to haul out a lot of ingredients for a light marinade. Simply set beef or chicken tenderloin in a large resealable plastic bag with some light Italian salad dressing, and place it in the refrigerator.

Or flavor pork tenderloin overnight in orange juice, low-sodium soy sauce, ground ginger and sesame oil. After tenderloin has marinated, discard any marinade that has come in contact with the uncooked meat.

Pork and Spinach Salad Steals Tenderloin Show

Lisabeth Kasprzak

TRYING new cooking techniques is a great way to keep menus exciting *and* healthy. Just ask Pat Sellon of Monticello, Wisconsin. She found a tasty rub that helped her Spicy Pork Tenderloin Salad win our "Tantalizing Tenderloin Contest".

Pat writes, "It's easy to get into a rut when it comes to cooking, so I try to prepare foods in different ways.

"For instance, I loved a salad that a friend served at a luncheon," she explains, "and I thought that I could tweak the recipe to lighten it up and better satisfy the tastes in my household."

The result was a contest entry that earned Pat the big $600.00 Grand Prize. Our judges couldn't get enough of her entree salad, featuring cumin-spiced pork tenderloin, fresh spinach and a tangy citrus vinaigrette.

"The pork gets its extraordinary flavor from a simple rub," says Pat. "And the colorful spinach invites people to dig into this one-dish meal."

Pat likes to experiment with recipe variations, and this hearty salad is no exception. "Try mixing the greens with orange slices or pea pods," she suggests. "These additions are a hit with my family since they enjoy fresh produce."

Pat and her husband, George, have five grown children and 13 grandkids who range in age from 2 to 20.

"George is a truck driver, and I keep busy at home, writing for local newspapers," she says. "In addition, I work part-time at a restaurant, and I organize a monthly social club. We're a group of women with can-do attitudes who get together for food and lots of laughs."

Pat volunteers with a Kiwanis group —an organization that helps children. "I'll use my prize to attend a Kiwanis convention in Hawaii," she confides.

When she has time, Pat paints and takes bike rides. "But I mostly use my free time to cook," she notes. "Ever since my 83-year-old mother and 90-year-old father moved in, they are always glad to sample my kitchen experiments."

Pat prepares three sit-down meals a day, and her award-winning salad is often requested. "I hope it becomes a favorite in your home, too," she concludes.

Your Nutritious Dish Could Make You a Winner!

IS one of your family favorites low in fat? Do you have a recipe that's full of flavor yet cuts calories? If so, be sure to enter one of *Light & Tasty's* future national recipe contests...and you could win one of eight terrific prizes!

Just like Pat Sellon of Monticello, Wisconsin (featured above), the reader whose contest dish is named the tastiest is sure to be smiling all the way from the kitchen to the bank. That's because the first-place winner in each contest receives a **Grand Prize of $600.00**!

Coming in second pays off, too. Health-minded cooks who claim that spot in each contest will receive $400.00 for their lightened-up efforts.

Third place is a charm as well. A check for $200.00 is the reward for each third-place finisher.

The five runners-up in each contest will receive a copy of the popular cookbook *Low-Fat Country Cooking*, published by *Light & Tasty's* "sister" magazine, *Taste of Home*.

The colorful keepsake features 455 mouth-watering light recipes, all of which have been reviewed by a registered dietitian and include helpful nutritional analysis. The book's suggested price is $29.99.

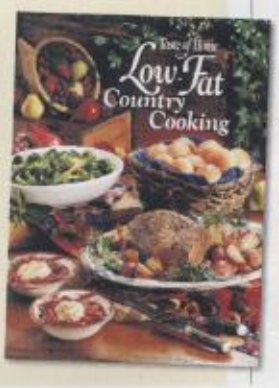
Now's your chance to join the fun. See page 41 for details on how you can enter *Light & Tasty's* upcoming recipe contests and put yourself in the running for one of these eight wonderful prizes.

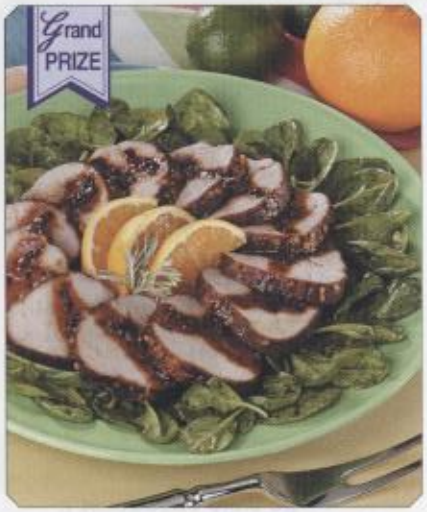
Then take a look through your recipe file...and get cooking. You just might be able to cash in on that good-for-you dish you're preparing for dinner tonight...in a big way!

What Can *You* Win?

Here are the prizes winning subscribers earn in each of our every-issue recipe contests:

Grand Prize—**$600.00**
Second Place—**$400.00**
Third Place—**$200.00**
Five Runners-Up—***Low-Fat Country Cooking*** (at right)





Spicy Pork Tenderloin Salad

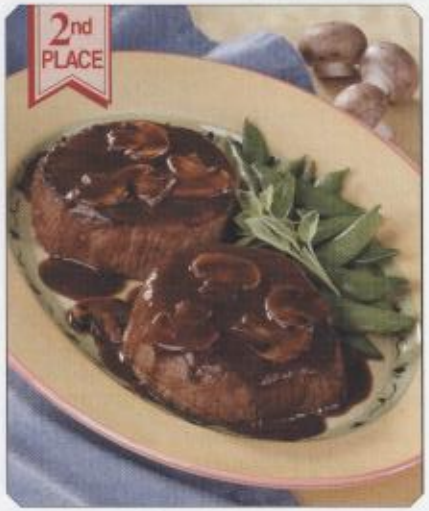
Prep: 20 min. **Cook:** 35 min.

- 4-1/2 teaspoons lime juice
- 1-1/2 teaspoons orange juice
- 1-1/2 teaspoons Dijon mustard
- 1/2 teaspoon curry powder
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons olive oil

SPICE RUB:

- 1/2 teaspoon salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon chili powder
- 1/4 teaspoon pepper →

A friend served this curry-flavored salad at a luncheon, and I tweaked it to fit our tastes. Since it's a meal in one, it's perfect for weeknights, and the presentation makes it ideal for entertaining. —Pat Sellon of Monticello, Wisconsin



Beef Filets with Portobello Sauce

CARB

Prep/Total Time: 30 min.

- 2 beef tenderloin steaks (4 ounces *each*)
- 1/2 cup dry red wine *or* reduced-sodium beef broth
- 1 teaspoon all-purpose flour
- 1/2 cup reduced-sodium beef broth
- 1 teaspoon *each* steak sauce, Worcestershire sauce and ketchup
- 1/2 teaspoon ground mustard
- 4 ounces fresh baby portobello mushrooms, sliced
- 1/4 teaspoon pepper →

These tasty steaks seem special but they are fast enough for everyday dinners. We enjoy the mushroom-topped filets with crusty French bread, mixed salad and a light lemon dessert. —Christel Stein of Tampa, Florida

Spinach-Stuffed Beef Tenderloin

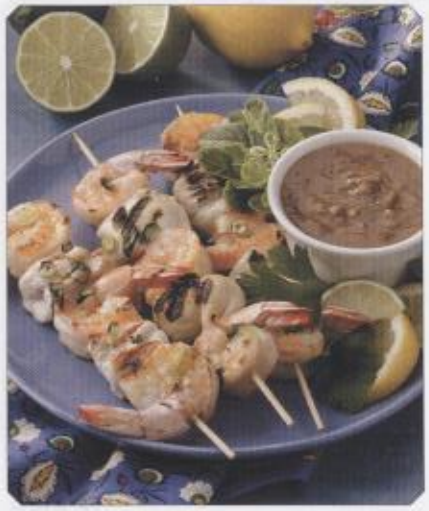
CARB

Prep: 20 min. **Bake:** 30 min.

- 1/2 pound sliced fresh mushrooms
- 4 garlic cloves, minced
- 1 package (6 ounces) fresh baby spinach, chopped
- 1 cup (4 ounces) crumbled blue cheese
- 1 beef tenderloin (2 pounds)
- 1/2 teaspoon salt, *divided*
- 1/2 teaspoon pepper, *divided*

In a small nonstick skillet coated with nonstick cooking spray, saute the mushrooms until tender. Add the garlic; cook and stir for 1 minute. In a bowl, com- →

This makes a wonderfully easy entree for company. Filled with a combination of spinach, blue cheese and mushrooms, it gets rave reviews whenever I serve it. —Deborah DeMers of DeRidder, Louisiana



Chicken and Shrimp Satay

CARB

Prep: 20 min. + marinating
Cook: 10 min.

- 3/4 pound uncooked medium shrimp, peeled and deveined
- 3/4 pound chicken tenderloin, cut into 1-inch cubes
- 4 green onions, chopped
- 2 garlic cloves, minced
- 1 tablespoon butter
- 1 tablespoon minced fresh parsley
- 1/2 cup white wine *or* chicken broth
- 1 tablespoon lemon juice →

I lightened up a recipe that I found in a cookbook, and these grilled kabobs were the tasty result. The scrumptious peanut butter dipping sauce is always a hit. —Hannah Barringer of Loudon, Tennessee

Spinach-Stuffed Beef Tenderloin

(continued...)

bine the mushroom mixture, spinach and cheese; set aside.

Cut a lengthwise slit down the center of the tenderloin to within 1/2 in. of bottom. Open tenderloin so it lies flat; cover with plastic wrap. Flatten to 3/4-in. thickness. Remove plastic; sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper. Spread stuffing over the meat to within 1 in. of edges. Close tenderloin; tie at 2-in. intervals with kitchen string. Place tenderloin on a rack in a shallow roasting pan. Sprinkle with remaining salt and pepper.

Bake, uncovered, at 425° for 30 minutes or until meat reaches desired doneness (for rare, a meat thermometer should read 140°; medium, 160°; well-done, 170°). Let stand for 5-10 minutes before slicing. **Yield:** 8 servings.

Nutritional Analysis: 5 ounces stuffed cooked beef equals 238 calories, 12 g fat (6 g saturated fat), 82 mg cholesterol, 417 mg sodium, 3 g carbohydrate, 1 g fiber, 28 g protein. **Diabetic Exchanges:** 3 lean meat, 1-1/2 fat.

Chicken and Shrimp Satay

(continued...)

1 tablespoon lime juice

SAUCE:

1/4 cup chopped onion
1 tablespoon butter
2/3 cup reduced-sodium chicken broth
1/4 cup reduced-fat chunky peanut butter
2-1/4 teaspoons brown sugar
3/4 teaspoon lemon juice
3/4 teaspoon lime juice
1/4 teaspoon salt
1/4 teaspoon *each* dried basil, thyme and rosemary, crushed
1/8 teaspoon cayenne pepper

Thread shrimp and chicken onto twelve soaked bamboo or metal skewers; place in a large shallow dish. In a skillet, saute the green onions and garlic in butter. Stir in the parsley, wine or broth, lemon juice and lime juice; cool slightly. Pour over the skewers and turn to coat. Cover and refrigerate for 4 hours, turning every 30 minutes.

In a skillet, saute onion in butter. Add remaining ingredients. Cook and stir until blended. Remove from the heat.

Coat grill rack with nonstick cooking spray; prepare for indirect heat. Drain and discard marinade. Grill skewers, covered, over indirect medium heat for 7-8 minutes; turn often. Brush with 1/4 cup sauce the last minute of grilling. Serve with remaining sauce. **Yield:** 6 servings.

Nutritional Analysis: 2 kabobs with 2 tablespoons sauce equals 190 calories, 7 g fat (3 g saturated fat), 126 mg cholesterol, 339 mg sodium, 7 g carbohydrate, 1 g fiber, 25 g protein. **Diabetic Exchanges:** 3 very lean meat, 1 fat, 1/2 starch.

Spicy Pork Tenderloin Salad

(continued...)

1 pork tenderloin (1 pound)
2 teaspoons olive oil
1/3 cup packed brown sugar
1 tablespoon minced garlic
1-1/2 teaspoons hot pepper sauce
1 package (6 ounces) fresh baby spinach

In a bowl, whisk the first six ingredients; gradually whisk in oil. Cover and refrigerate vinaigrette. Combine the salt, cumin, cinnamon, chili powder and pepper; rub over meat.

In an ovenproof skillet, brown meat on all sides in oil, about 8 minutes. Combine the brown sugar, garlic and hot pepper sauce; spread over meat. Bake at 350° for 25-35 minutes or until a meat thermometer reads 160°. Let stand for 5 minutes before slicing.

Toss spinach with vinaigrette. Arrange spinach on four salad plates; top with sliced pork. Drizzle with pan juices. **Yield:** 4 servings.

Nutritional Analysis: 3 ounces cooked pork with 1-3/4 cups spinach equals 301 calories, 13 g fat (3 g saturated fat), 63 mg cholesterol, 591 mg sodium, 22 g carbohydrate, 2 g fiber, 24 g protein. **Diabetic Exchanges:** 3 lean meat, 1 starch, 1 vegetable, 1/2 fat.

Beef Filets with Portobello Sauce

(continued...)

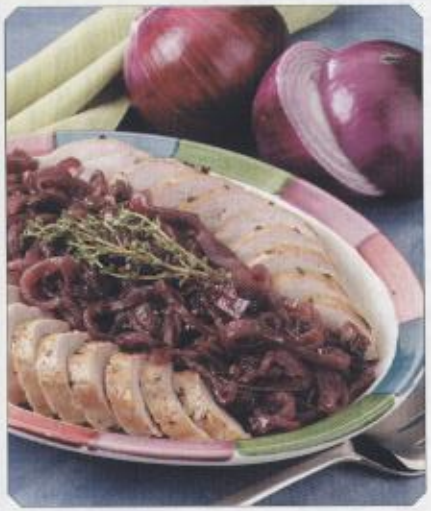
1/8 teaspoon salt
1 tablespoon minced fresh chives, optional

In a large nonstick skillet coated with nonstick cooking spray, brown steaks over medium-high heat. Remove from pan; keep warm.

Reduce heat to medium; stir in wine or broth, loosening up the browned bits from the pan. Cook for 2-3 minutes or until liquid is reduced by half. Combine flour and broth until smooth; whisk into the skillet. Add the steak sauce, Worcestershire sauce, ketchup and mustard. Bring to a boil.

Return steaks to skillet along with mushrooms. Cook for 4-5 minutes on each side or until meat reaches desired doneness (for rare, a meat thermometer should read 140°; medium, 160°; well-done, 170°). Transfer to serving platter. Sprinkle with pepper, salt and chives if desired. **Yield:** 2 servings.

Nutritional Analysis: 1 steak with 1/3 cup sauce equals 255 calories, 8 g fat (3 g saturated fat), 72 mg cholesterol, 422 mg sodium, 7 g carbohydrate, 1 g fiber, 26 g protein. **Diabetic Exchanges:** 3 lean meat, 1 starch.



Pork Tenderloin with Glazed Red Onion

Prep: 25 min. + marinating
Cook: 1-1/4 hours

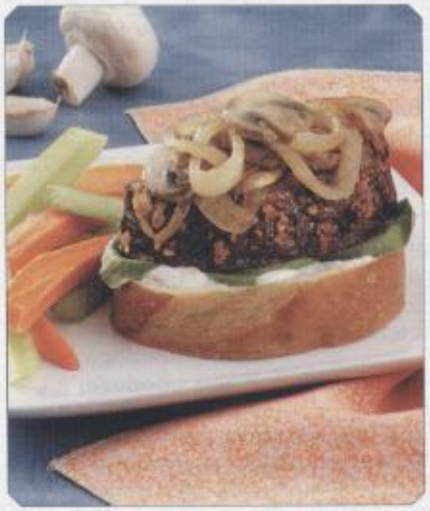
- 1 tablespoon minced fresh thyme
- 1 tablespoon olive oil
- 3/4 teaspoon salt
- 1/2 teaspoon pepper
- 2 pork tenderloins (1 pound *each*)

RED ONION TOPPING:

- 4 large red onions, sliced
- 2 tablespoons olive oil
- 3/4 cup dry red wine *or* chicken broth

→

This colorful entree has been a longtime family favorite. I pair it with rice pilaf or orzo to complement the thyme in the pork and the balsamic vinegar in the onions. *—Patricia Schmidt of Sterling Heights, Michigan*



Grilled Beef Tenderloin Sandwiches

Prep: 15 min. + marinating
Cook: 70 min.

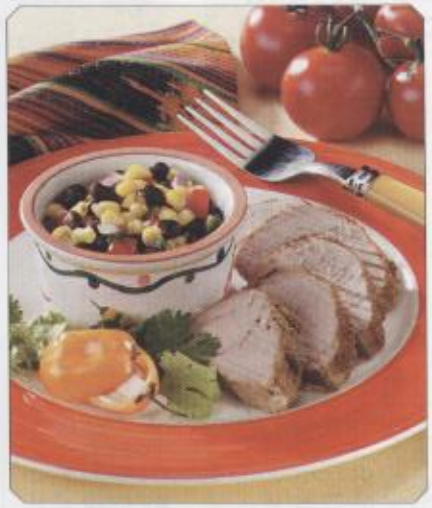
- 1 tablespoon brown sugar
- 2 garlic cloves, minced
- 1/2 teaspoon coarsely ground pepper
- 1/4 teaspoon salt
- 1 beef tenderloin (1 pound)
- 1 whole garlic bulb
- 1/2 teaspoon canola oil
- 1/4 cup *each* fat-free mayonnaise and plain yogurt

ONION TOPPING:

- 1 tablespoon olive oil

→

My daughter shared these hearty sandwiches with me, and I think they're a savory melt-in-your-mouth treat. The sweet-sour onions and mushrooms are perfect over the tender beef and lip-smacking garlic mayonnaise. *—Ruth Lee of Troy, Ontario*



Mexican Pork Tenderloins

Prep: 10 min. **Grill:** 25 min.

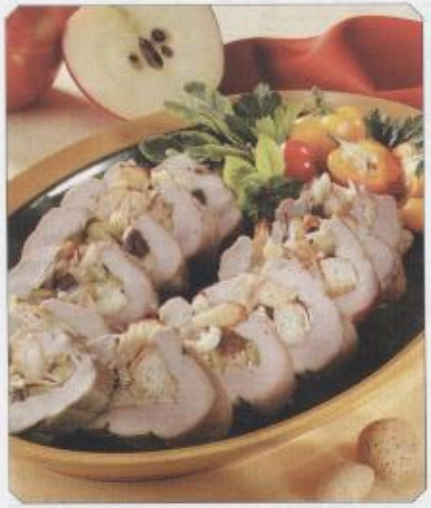
- 2 tablespoons ground cumin
- 1 tablespoon ground coriander
- 1 teaspoon *each* onion powder, garlic powder, dried oregano and pepper
- 1/2 teaspoon salt
- 1 teaspoon olive oil
- 2 pork tenderloins (1 pound *each*)

BLACK BEAN SALSA:

- 1 can (15 ounces) black beans, rinsed and drained
- 2 plum tomatoes, diced

→

We spoon the black bean salsa that accompanies this dish over grilled tenderloin slices. You can save on last-minute prep time by making the salsa and the cumin-coriander pork rub ahead. *—Maria Chiarino of Concord, North Carolina*



Apple-Stuffed Pork Tenderloin

Prep: 30 min. **Bake:** 25 min.

- 6 tablespoons reduced-sodium chicken broth, *divided*
- 2 tablespoons raisins
- 1/2 cup chopped apple
- 1 celery rib, chopped
- 2 tablespoons chopped onion
- 1 garlic clove, minced
- 1-1/2 cups fat-free Caesar croutons
- 2 tablespoons sliced almonds, toasted
- 1/8 teaspoon pepper
- 1 pork tenderloin (1 pound)

In a small saucepan, bring 4 table- →

My mother used to make stuffed pork tenderloin, but I added apples and nuts to the stuffing to make it more nutritious. I also reduced the amount of croutons called for and used the fat-free variety. *—Sandra Harrison of Viera, Florida*

Mexican Pork Tenderloins

(continued...)

1 can (11 ounces) Mexicorn, drained
2 tablespoons chopped red onion
1 jalapeno pepper, seeded and chopped
2 tablespoons olive oil
2 tablespoons minced fresh cilantro
1 tablespoon lime juice
1/2 teaspoon ground cumin
1/8 teaspoon salt
1/8 teaspoon pepper

Combine the seasonings. Rub oil and seasoning mixture over the meat; let stand for 10 minutes.

Coat grill rack with nonstick cooking spray before starting the grill. Grill meat, covered, over medium heat for 10-12 minutes on each side or until a meat thermometer reads 160°. Remove from the grill. Cover and let stand for 5 minutes before slicing.

For salsa, in a bowl, combine the beans, tomatoes, corn, onion and pepper. Whisk together the oil, cilantro, lime juice, cumin, salt and pepper. Drizzle over the bean mixture; toss to coat. Serve with tenderloin. **Yield:** 8 servings.

Nutritional Analysis: 3 ounces cooked pork with 1/2 cup salsa equals 257 calories, 8 g fat (2 g saturated fat), 63 mg cholesterol, 550 mg sodium, 18 g carbohydrate, 5 g fiber, 27 g protein. **Diabetic Exchanges:** 3 lean meat, 1 starch, 1/2 fat.

Editor's Note: When cutting or seeding hot peppers, use rubber or plastic gloves to protect your hands. Avoid touching your face.

Apple-Stuffed Pork Tenderloin

(continued...)

spoons broth to a boil. Remove from the heat; add raisins. Let stand for 5 minutes. In a nonstick skillet coated with nonstick cooking spray, saute the apple, celery, onion and garlic for 3-4 minutes or until tender. Remove from the heat; stir in the raisins with broth, croutons, nuts, pepper and the remaining broth.

Make a lengthwise slit down the center of the roast to within 1/2 in. of bottom. Open roast so it lies flat; cover with plastic wrap. Flatten to 1/2-in. thickness. Remove plastic wrap; fill with stuffing mixture. Close roast; tie at 2-in. intervals with kitchen string and secure ends with toothpicks.

Place on a rack in a shallow baking pan coated with nonstick cooking spray. Bake at 425° for 25-30 minutes or until a meat thermometer reads 160°. Let stand for 5 minutes before slicing. **Yield:** 3 servings.

Nutritional Analysis: One serving: 6 ounces stuffed cooked pork equals 336 calories, 7 g fat (2 g saturated fat), 84 mg cholesterol, 417 mg sodium, 27 g carbohydrate, 2 g fiber, 35 g protein. **Diabetic Exchanges:** 4 lean meat, 1-1/2 starch.

Pork Tenderloin with Glazed Red Onion

(continued...)

1/4 cup raisins
2 tablespoons sugar
1/4 teaspoon salt
1/4 cup balsamic vinegar
1-1/2 teaspoons minced fresh thyme

In a large resealable plastic bag, combine the thyme, oil, salt and pepper; add pork. Seal bag and turn to coat; marinate at room temperature for 30 minutes.

Meanwhile, saute onions in oil until tender; add the wine or broth, raisins, sugar and salt. Bring to a boil. Reduce heat; cook, uncovered, for 45 minutes or until liquid is evaporated. Stir in vinegar and thyme; cook and stir 10 minutes longer to blend flavors. Set aside.

Drain and discard the marinade. Place pork on a rack coated with nonstick cooking spray in a shallow roasting pan. Bake, uncovered, at 425° for 20-30 minutes or until a thermometer reads 160°. Let stand for 5 minutes before slicing. Serve with warm red onion topping. **Yield:** 6 servings.

Nutritional Analysis: 3-1/2 ounces cooked pork with 2/3 cup onion mixture equals 336 calories, 12 g fat (3 g saturated fat), 84 mg cholesterol, 461 mg sodium, 20 g carbohydrate, 2 g fiber, 32 g protein. **Diabetic Exchanges:** 4 lean meat, 1 vegetable, 1 fat, 1/2 starch.

Grilled Beef Tenderloin Sandwiches

(continued...)

1 large sweet onion, thinly sliced
1/2 pound sliced fresh mushrooms
2 tablespoons balsamic vinegar
1-1/2 teaspoons sugar
1/8 teaspoon salt
1/8 teaspoon pepper
4 slices French bread (3/4 inch thick)
1 cup fresh arugula

Combine the first four ingredients; rub over meat. Refrigerate for 2 hours. Remove papery outer skin from garlic (do not peel or separate cloves). Cut top off of garlic. Brush with canola oil. Wrap bulb in heavy-duty foil. Bake at 425° for 30-35 minutes or until softened. Cool 10 minutes. Squeeze garlic into food processor; add mayonnaise and yogurt. Process until smooth; chill.

In a large nonstick skillet, heat olive oil and saute onion for 5 minutes. Reduce heat; cook and stir for 10-12 minutes or until onion is golden. Add mushrooms; cook and stir until tender. Add next four ingredients; cook until reduced slightly.

Coat grill rack with nonstick cooking spray before starting the grill. Grill beef, covered, over medium heat for 5-6 minutes on each side or until meat reaches desired doneness. Let stand for 10 minutes before cutting into 4 slices.

Serve warm on bread with garlic mayonnaise, arugula and onion mixture. **Yield:** 4 servings.

Nutritional Analysis: 1 sandwich equals 418 calories, 15 g fat (4 g saturated fat), 75 mg cholesterol, 702 mg sodium, 40 g carbohydrate, 3 g fiber, 31 g protein. **Diabetic Exchanges:** 3 lean meat, 2 starch, 1 vegetable, 1 fat.

NEW RECIPE CONTEST IN EVERY ISSUE...

Tell Us How You Take the Cake

If you find paring down is a piece of cake, you could be a prize-winner!

Now more than ever, family bakers are finding new ways to trim down tooth-tingling treats. And when it comes to the dessert that's dished out the most, one sweet sensation remains an all-time favorite—cake!

Serving a luscious cake that leaves you guilt-free has never been easier, thanks to today's sugar substitutes, reduced-fat butters and light convenience items. In addition, good cooks have learned how to scale back the fat and calories by using more egg whites, applesauce and even baby food.

That's why we've chosen the topic "A Light Take on Cakes" as *Light & Tasty's* next recipe contest. Send your best cake recipes that keep calories, fat or sugar to a minimum, and you could pocket our big Grand Prize of $600.00!

Our judges have their forks poised, ready to try your angel food cakes and lighter-than-air sponge cakes. Snack cakes, sheet cakes and snazzy holiday specialties are all eligible for this contest as long as they tempt taste buds while keeping dessert on the trimmed-down side.

Tell us about your creamy cheesecake that tops off meals without packing on the pounds, and don't forget to include rich jellyroll cakes, tantalizing tortes, carrot-flavored crowd-pleasers and upside-down delights.

Let us know if items such as cocoa powder or sugar-free pudding mix play a part in your scrumptious light chocolate or banana cake. Perhaps you dress up boxed cake mixes with berries, spices, extracts or fruit purees...we'd love to hear how you add a homemade touch without lots of extra fat.

We're also interested in low-calorie glazes and reduced-fat frostings for topping off your cakes. Share your secret for strawberry compote or tangy citrus sauce spooned over bakery-bought sponge cake and you could find yourself in the winner's circle.

No matter how you slice it, a big prize could be yours if a taste of your light sheet cake or coffee cake makes our judges smile. Send your recipes by *April 5*. We'll announce the eight winners in the Dec/Jan 2006 issue.

Contest Rules: Print or type your recipe on *one side only* of a sheet of paper. You may enter more than one recipe, but be sure to *print* the name of the contest as well as your name, address and phone number, including area code, on *each* entry.

Be specific with measurements, directions and the *size* of *cans, packages* and *pans* so others can successfully make your recipe.

Please tell the origin of your recipe and how you've lightened it up. Share any compliments it's received...plus pass on any variations you recommend.

If duplicates are received, entries with the earliest postmarks will be considered.

All entries become the property of Reiman Publications and will not be returned. Recipes that are not among the contest winners may be published in future issues, in other Reiman publications or cookbooks or on our Web sites.

Mail entries to **"A Light Take on Cakes"**, Janaan Cunningham, *Light & Tasty*, 5925 Country Lane, Greendale WI 53129, or enter via our Web site at *www.lightandtasty.com*. You can also E-mail entries to *recipes@lightandtasty.com*.

Be sure to write "A Light Take on Cakes Contest" on the subject line of E-mail entries and include your full name, complete street address and phone number with area code on each entry.

Contest Reminder

Don't Tarry! Send Cranberry Recipes

Do you rely on the tart flavor of cranberries to liven up nutritious menus? You could be $600.00 richer if your delicious cranberry dish takes top honors in our "Creative with Cranberries Contest". Simply send your recipe by February 5 to put yourself in the running.

Any dish featuring fresh, frozen, dried or canned cranberries is eligible for this contest. In fact, even recipes calling for cranberry juice, apple-cranberry beverages, etc. will be considered.

Entrees such as pork chops topped with cranberry relish or turkey with cranberry stuffing are great candidates for this contest as are salads and side dishes made colorful with cranberries.

Send us your trimmed-down treats starring cranberries, too. Enter low-fat muffins loaded with the ruby red berries as well as low-sugar scones dotted with craisins.

Share the secrets behind your salads and dressings that are perked up with cranberries...and clue us in on how cranberries brighten up beverages, too.

You could find yourself among the winners listed in the Oct/Nov issue if we receive your entry by *February 5*.

For complete rules, see the contest announcement above. Mail recipes to **"Creative with Cranberries Contest"**, Janaan Cunningham, *Light & Tasty*, 5925 Country Lane, Greendale WI 53129 or E-mail to *recipes@lightandtasty.com*.

Be sure to write "Creative with Cranberries Contest" on the subject line of E-mail entries and include your full name, complete street address and phone number with area code on each entry.

Bananas Have Real Appeal

It's easy to "go bananas" about one of America's favorite energy-boosting fruits.

TOP BANANA in many snack bowls is a fruit that is available year-round, ripe with vitamins and minerals and fresh in its own zip-off wrapper. Whether eaten out of hand or blended into recipes, nutrition-packed bananas bring a bonanza of flavor to the table.

Here, bananas split from the list of high-calorie sweeteners and add a natural tropical twist to chicken, quick bread, ice cream and cake.

Caramel Banana Cake Roll

(Pictured above)

Prep: 35 min. **Bake:** 10 min. + cooling

Our Test Kitchen came up with this sunny cake roll that's bursting with fresh banana goodness. The light creamy caramel filling complements the tender sponge cake nicely. As special and impressive as it looks, the delightful dessert isn't difficult to put together.

1 cup cake flour
1/2 teaspoon baking soda
1/2 teaspoon salt
1/4 teaspoon baking powder
2 eggs
3/4 cup sugar, *divided*
1/2 cup mashed ripe banana (about 1 medium)
1 teaspoon vanilla extract
1 teaspoon grated lemon peel
3 egg whites
1 tablespoon confectioners' sugar

FILLING:

4 ounces reduced-fat cream cheese
1/2 cup packed brown sugar
1/2 teaspoon vanilla extract
1 cup reduced-fat whipped topping
1 tablespoon confectioners' sugar
2 tablespoons fat-free caramel ice cream topping

Line a 15-in. x 10-in. x 1-in. baking pan coated with nonstick cooking spray with waxed paper and coat the paper with nonstick cooking spray; set aside.

Combine the flour, baking soda, salt and baking powder. In a large mixing bowl, beat eggs for 5 minutes; add 1/2 cup sugar, banana, vanilla and lemon peel. In a small mixing bowl, beat egg whites on medium speed until soft peaks form. Gradually beat in remaining sugar, a tablespoon at a time, on high until stiff peaks form. Add flour mixture to banana mixture; mix gently until combined. Fold in egg white mixture.

Spread into prepared pan. Bake at 375° for 10-12 minutes or until cake springs back when lightly touched. Cool for 5 minutes. Turn cake onto a kitchen towel dusted with confectioners' sugar. Gently peel off waxed paper. Roll up cake in towel jelly-roll style, starting with a short side. Cool completely on a wire rack.

For filling, in a mixing bowl, beat cream cheese and brown sugar until smooth and sugar is dissolved. Beat in vanilla; fold

in whipped topping. Unroll cake; spread filling over cake to within 1/2 in. of edges. Roll up again; place seam side down on a serving platter. Cover and refrigerate for at least 1 hour before serving. Before serving, sprinkle with confectioners' sugar, then drizzle with ice cream topping. Refrigerate leftovers. **Yield:** 8 servings.

Nutritional Analysis: 1 slice equals 269 calories, 4 g fat (2 g saturated fat), 58 mg cholesterol, 342 mg sodium, 54 g carbohydrate, 1 g fiber, 6 g protein.

Chunky Banana Chip Ice Cream

SALT

(Pictured at left)

Prep: 15 min. + chilling **Freeze:** 2-1/2 hours

If a banana split is on your no-no list, treat yourself to this lower-in-fat option dreamed up by our Test Kitchen staff. Each smooth and creamy scoop is generously sprinkled with semisweet chocolate chips. Your freezer won't be off-limits when this ice cream is in it.

2 cups 2% milk
1 can (14 ounces) fat-free sweetened condensed milk
1 envelope whipped topping mix
2 tablespoons sugar
2 teaspoons lemon juice
1 teaspoon vanilla extract
3 medium firm bananas, cut into 1-inch pieces
1/2 cup miniature semisweet chocolate chips

In a large mixing bowl, beat the first six ingredients on high speed for 3 minutes. Cover and refrigerate overnight.

Stir bananas into milk mixture. Fill cylinder of ice cream freezer; freeze according to the manufacturer's directions. Stir in chocolate chips. Allow to ripen in ice cream freezer or firm up in the refrigerator freezer for 2-4 hours before serving. **Yield:** 8 servings.

Nutritional Analysis: 1/2 cup equals 301 calories, 5 g fat (4 g saturated fat), 8 mg cholesterol, 84 mg sodium, 57 g carbohydrate, 2 g fiber, 7 g protein.

Caribbean Chicken

Prep/Total Time: 25 min.

Tropical breezes and an ocean sunset aren't necessary to enjoy Mary Tallman's Caribbean cuisine. "This zippy chicken recipe makes a quick, easy and delicious meal," she shares from Arbor Vitae, Wisconsin. "Sometimes, I substitute lean pork for the poultry."

1 teaspoon cornstarch
1 can (6 ounces) pineapple juice, *divided*
1 tablespoon prepared mustard
1/2 teaspoon dried thyme
1/4 to 1/2 teaspoon crushed red pepper flakes
3/4 pound boneless skinless chicken breast, cut into thin strips
1/2 teaspoon salt
2 teaspoons canola oil
1/2 cup thinly sliced green onions
1/2 cup golden raisins
2 medium firm bananas, cut into 1/4-inch slices
Hot cooked rice, optional

In a small bowl, combine cornstarch and 1/2 cup pineapple juice until smooth. Stir in the mustard, thyme and red pepper flakes; set aside. Sprinkle chicken with salt. In a large nonstick skillet, saute chicken in oil for 3-4 minutes or until chicken juices run clear. Remove from the skillet and keep warm.

Pour remaining pineapple juice into skillet. Stir in green onions and raisins; cook and stir for 1 minute. Stir reserved pineapple juice mixture and add to skillet. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Return chicken to skillet; heat through. Stir in bananas. Serve over rice if desired. **Yield:** 3 servings.

Nutritional Analysis: 1-1/4 cups (calculated without rice) equals 314 calories, 6 g fat (1 g saturated fat), 63 mg cholesterol, 515 mg sodium, 43 g carbohydrate, 3 g fiber, 25 g protein. **Diabetic Exchanges:** 3 very lean meat, 2-1/2 fruit, 1 fat.

Whole Wheat Banana Bread

SALT MEATLESS

Prep: 15 min. **Bake:** 45 min. + cooling

"A hint of orange livens up this moist and nutty banana bread," says Kathy Merrick from Hammond, Indiana. "I've taken loaves to potluck suppers and they are always a hit." She suggests trying a slice for breakfast or as a sensibly scrumptious snack.

1 cup whole wheat flour
3/4 cup all-purpose flour
1/2 cup toasted wheat germ
1 teaspoon baking soda
1 teaspoon grated orange peel
1/4 teaspoon salt
4 medium navel oranges, peeled and sectioned (about 1-1/2 cups)
2 medium ripe bananas
1 cup sugar
2 eggs
1/4 cup canola oil
1 teaspoon vanilla extract
1/2 cup chopped pecans

In a large bowl, combine the first six ingredients. In a food processor or blender, process the oranges, bananas, sugar, eggs, oil and vanilla until smooth. Stir into dry ingredients just until moistened. Fold in pecans.

Pour into two 8-in. x 4-in. x 2-in. loaf pans coated with nonstick cooking spray. Bake at 350° for 45-50 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely. **Yield:** 2 loaves (10 slices each).

Nutritional Analysis: 1 slice equals 154 calories, 6 g fat (1 g saturated fat), 21 mg cholesterol, 99 mg sodium, 25 g carbohydrate, 2 g fiber, 3 g protein. **Diabetic Exchanges:** 1-1/2 starch, 1 fat.

Nutrition in Bunches

BANANAS slip easily into a healthy diet. Here are some fun facts about that appealing fruit:

- An average banana contains 11% of the U.S. recommended daily allowance of potassium, 16% of dietary fiber and 20% of vitamin B6.
- According to the U.S. Food and Drug Administration, eating potassium-rich, low-sodium foods like bananas may reduce the risk of high blood pressure, stroke, cancer and heart disease.
- Bananas help sustain the body for fitness, replenishing vitamins and minerals used in exercise.

Ask the Dietitian

Have a question about eating healthy? Ask our expert!

EACH ISSUE, our staff dietitian, Diane Werner, answers questions from readers about diet and nutrition.

Dear Diane: *I've heard that it helps to rinse canned beans, such as pinto beans, to remove some of the sodium. Does this work? And what percentage of the sodium is removed?* —F.A.
Coalmont, Tennessee

We've heard this same question about rinsing canned beans (or other canned vegetables) from many readers. Quite simply, this is a great way to reduce the sodium content—and it's easy to do! Just pour the canned beans into a strainer and rinse well under cool running water...and you will reduce the sodium by about 30 to 40 percent.

Dear Diane: *Help! When a recipe calls for 6 ounces of macaroni, how do I measure it?* —C.A.
Louisville, Kentucky

You are not alone in wondering! That's why the food editors here at Reiman Publications always tell readers by cup measure (versus ounce weight) just how much pasta to use in a recipe.

But in case you need to know how to convert the ounce weight into measurable cups, here's how to do it. Begin by taking a look at the Nutrition Facts label on the package, where you'll find the serving size, usually in ounces and dry cup measurement.

As an example, let's say the package label states that the serving size is 2 ounces and is equal to 3/4 cup of dry macaroni. Since you need 6 ounces of dry macaroni, you would need the equivalent of 3 servings of macaroni (6 ounces divided by 2 ounces per serving = 3 servings). To figure the cup measure, multiply 1 serving (3/4 cup) by 3 servings, which equals 2-1/4 cups.

Spaghetti noodles and similar pasta are a little trickier to measure because the label usually states 1/8 of a package or a similar measurement.

If you have an 8-ounce package of spaghetti noodles and you want to use 2 ounces for a recipe, take the noodles out of the package and separate them into 4 groups of similar size by eyeing the pasta. Without a scale, this is about as close as you can get—but it should get you close enough.

Dear Diane: *My generation grew up eating liver. It was said to have many nutrients, although lately I've heard that it's high in cholesterol. Others have told me that it is not a healthy meat to eat. Is this true?* —H.P., *Phoenix, Arizona*

It's true that many of our parents and grandparents were encouraged to eat liver when they were growing up. It is especially high in iron...so women who were expecting were often encouraged to eat it.

If you enjoy the taste of liver, it is okay to eat it on occasion. However, liver *is* high in cholesterol...and if you are trying to watch cholesterol in your diet, you may want to avoid liver.

I tend to belong to the "purchase the leaner meats" school. My rule of thumb is to select lower-fat cuts of fresh meats. Leaner cuts of meat provide an excellent source of protein, B vitamins, iron and zinc, plus they are lower in calories and fat. These leaner cuts are very good nutritional investments.

Dear Diane: *Often I'm in a hurry to thaw meat or chicken. Is it okay to thaw it on the counter? I have heard that cooking will make it safe. I don't always remember to take it out of the freezer a day ahead so it can thaw in the refrigerator. Also, I was wondering if you can refreeze meat if you don't get around to using it right away?* —M.C.
Academy, Colorado

It's *not* okay to thaw meat at room temperature on the counter. Even if it feels cold to your touch, bacteria can multiply as meat or poultry thaw and the temperature rises above 40° F.

On a whole bird or piece of meat, bacteria multiply on the outer surfaces. In ground meat and poultry, bacteria can multiply inside and out.

Contrary to what you have heard, cooking may not destroy all the bacteria—especially if the meat is not thoroughly cooked. Remember, also, to cool leftovers in the refrigerator since bacteria can also multiply as food cools.

As far as refreezing goes, although the quality of the meat may suffer, it is all right to refreeze meat—with caution. If it still has ice crystals and has been kept in the refrigerator for 1 day or less, it is safe to refreeze...but the quality may not be quite as good. Your best bet is to cook it first, then refreeze it.

Dear Diane: *I've heard that dark green leafy lettuce is more nutritious than iceberg lettuce. Are the lighter colored inner romaine leaves as nutritious as the outer dark green leaves?* —C.S.
Sonora, California

In general, salad greens are an excellent source of vitamin A and a good source of vitamin C. It is true that where you see green, you get more nutrition bang for your buck. Specifically, to get a bigger boost of vitamin A, buy greens that are medium to dark green (the darker the leaves, the more vitamin A).

Many greens, such as spinach, kale and collards, are also known for their mineral content, especially iron, calcium and magnesium—as well as the vitamins folate, riboflavin (B2) and vitamin K. The leaves of such greens are very rich in disease-fighting antioxidants—carotenoids and beta-carotene, vitamin E and, of course, vitamin C.

♦ ♦ ♦

DIETARY DILEMMA. If you have a question about food or nutrition, send it to "Ask the Dietitian", *Light & Tasty*, 5925 Country Lane, Greendale WI 53129 or E-mail it to *editors@lightandtasty.com*. We'll answer as many questions as possible in upcoming issues.

A Pinch of Salt...or Less!

Cutting back on salt? You won't miss it at all in these well-seasoned reader specialties.

IF you're following a sodium-restricted diet, you know that making meals tasty can be a challenge. Learning to rely on alternative seasonings, such as garlic and thyme, can turn ho-hum foods into family favorites that burst with flavor.

These reader recipes prove you don't need salt to make a dish delicious.

Italian Rubbed Pork Chops

SALT CARB

(Pictured below right)

Prep: 5 min. **Bake:** 40 min.

A perky garlic and herb rub adds pizzazz to these juicy chops that will have everyone at the table licking their lips. "They're special enough for company, too...and so easy to prepare," notes Kathleen Taugher of East Troy, Wisconsin.

3 tablespoons minced fresh parsley
1 teaspoon dried oregano
1/2 teaspoon fennel seed, crushed
1/4 teaspoon garlic powder
1/2 teaspoon pepper
4 boneless pork loin chops (1/2 inch thick and 4 ounces *each*)

In a bowl, combine the first five ingredients; rub over pork chops. Place in a 11-in. x 7-in. x 2-in. baking dish coated with nonstick cooking spray. Bake, uncovered, at 350° for 38-42 minutes or until juices run clear. **Yield:** 4 servings.

Nutritional Analysis: 1 pork chop equals 149 calories, 6 g fat (2 g saturated fat), 57 mg cholesterol, 48 mg sodium, 1 g carbohydrate, trace fiber, 22 g protein. **Diabetic Exchange:** 3 lean meat.

Fresh Ginger Carrot Salad

SALT MEATLESS

Prep: 15 min. + chilling

"I created this salad as an alternative to the mayonnaise, raisin and carrot salad my mom used to make. I had some leftover ginger and really liked the fresh taste," relates Lauri Cherian of Scott Depot, West Virginia. "I have a sweet tooth, and this salad quenches it!"

2 cans (8 ounces *each*) crushed pineapple, undrained
3-1/2 cups shredded carrots
1 cup raisins
3/4 cup flaked coconut
1/2 cup chopped walnuts
1-1/2 cups fat-free plain yogurt
2 teaspoons minced fresh gingerroot

Drain crushed pineapple, reserving 3 tablespoons juice. In a bowl, combine the pineapple, carrots, raisins, coconut and walnuts. Combine the yogurt, ginger and reserved pineapple juice. Pour dressing over carrot mixture; toss gently to coat. Refrigerate for at least 1 hour. **Yield:** 6 servings.

Nutritional Analysis: 3/4 cup equals 286 calories, 11 g fat (4 g saturated fat), 1 mg cholesterol, 94 mg sodium, 46 g carbohydrate, 6 g fiber, 6 g protein. **Diabetic Exchanges:** 2 fruit, 2 fat, 1 vegetable, 1/2 fat-free milk.

Cajun Seasoning

FAT SALT CARB

Prep/Total Time: 5 min.

A sprinkling of this savory seasoning is sure to lend a Louisiana accent to everything from pasta to meat. Della Stamp of Long Beach, California shared the recipe.

1 tablespoon onion powder
1 tablespoon white pepper
1 tablespoon garlic powder
1 tablespoon ground mustard
1 tablespoon paprika
1-1/2 teaspoons celery seed
1-1/2 teaspoons dried thyme

In a small bowl, combine all ingredients. Store in an airtight container in a cool dry place for up to 6 months. **Yield:** 1/3 cup.

Nutritional Analysis: 1 teaspoon equals 10 calories, trace fat (trace saturated fat), 0 cholesterol, 1 mg sodium, 1 g carbohydrate, trace fiber, trace protein. **Diabetic Exchange:** Free food.

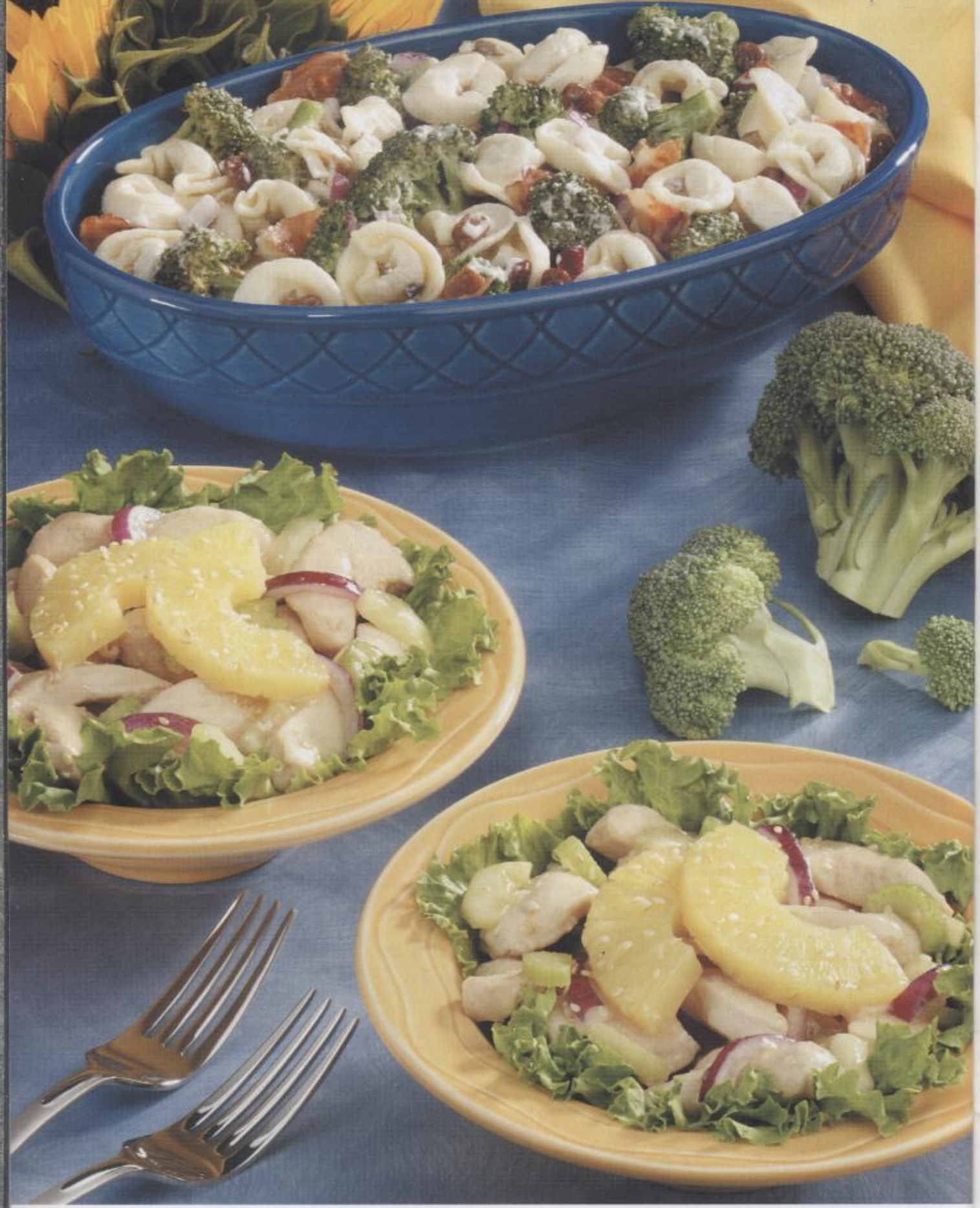
♦ ♦ ♦

PUT A HALT TO SALT? If you have a low-sodium or salt-free recipe that tastes terrific, please share it with other readers. Send to "Pinch of Salt", *Light & Tasty*, 5925 Country Lane, Greendale WI 53129 or E-mail to *editors@lightandtasty.com.*

Slash the Salt

HERE ARE a few easy ways to cut back on salt...

- Remove the salt shaker from the table.
- Use pepper instead of salt to season your meal.
- Cut back on fast food and processed convenience foods (frozen or boxed dinners, packaged mixes, canned soups and purchased pizza). Cook from scratch instead.



Step Up to the Salad Bar

Crisp, colorful and nutritious salads brighten spring days with fresh flavor.

WHAT are you tossing together for a light luncheon? Try a salad that's a little out of the ordinary. From tempting tortellini to tender chicken to sweet tropical fruit…you're sure to find a deliciously different salad here that suits your taste buds!

Broccoli Tortellini Salad

(Pictured at left)

Prep: 25 min. + chilling

"After tasting this wonderful side dish at a potluck, I had to have more, so I experimented with lightening it up," Tiffany Anderson-Taylor explains from Gulfport, Florida. "It ended up tasting as good as the original."

4 cups broccoli florets
2 packages (9 ounces *each*) refrigerated cheese tortellini
1/2 cup finely chopped red onion
1/4 cup raisins
1/2 cup reduced-fat mayonnaise
Sugar substitute equivalent to 3 tablespoons sugar
1 tablespoon cider vinegar
5 slices bacon, cooked and crumbled
1/4 cup unsalted sunflower kernels

In a large saucepan, cook broccoli in 6 cups boiling water for 2 minutes. Drain and immediately rinse in cold water. In the same saucepan, cook tortellini according to package directions. Drain and immediately rinse in cold water.

In a large bowl, combine the red onion, raisins, broccoli and tortellini. Combine the mayonnaise, sugar substitute and vinegar. Pour over tortellini mixture; toss to coat. Refrigerate for at least 1 hour. Just before serving, stir in bacon and sunflower kernels. **Yield:** 12 servings.

Nutritional Analysis: 2/3 cup equals 217 calories, 10 g fat (3 g saturated fat), 24 mg cholesterol, 287 mg sodium, 25 g carbohydrate, 2 g fiber, 8 g protein. **Diabetic Exchanges:** 1-1/2 starch, 1 lean meat, 1 fat.

Editor's Note: This recipe was tested with Splenda No Calorie Sweetener. Look for it in the baking aisle of your grocery store.

Chicken and Pineapple Salad

(Pictured at left)

Prep: 25 min. **Cook:** 15 min. + chilling

"This salad takes a little time, but it is truly worth the few extra steps," writes Diane Sparrow, Osage, Iowa. "It has been a family favorite for years. It makes a nice summer lunch…or a fun first course for an oriental vegetable stir-fry."

2 tablespoons sugar
1 tablespoon cornstarch
1/2 teaspoon salt
1/4 cup unsweetened pineapple juice
1/4 cup chicken broth
2 tablespoons plus 1-1/2 teaspoons white vinegar
1 tablespoon reduced-sodium soy sauce
1 teaspoon canola oil

SALAD:
1 pound boneless skinless chicken breasts, cut into 1/2-inch strips
2 teaspoons reduced-sodium soy sauce
1/2 teaspoon finely chopped fresh gingerroot *or* 1/8 teaspoon ground ginger
2 teaspoons canola oil
1 medium cucumber, quartered, seeded and thinly sliced
1 large red onion, quartered and thinly sliced
1 celery rib, thinly sliced
Lettuce leaves, optional
5 pineapple slices, halved
2 tablespoons sesame seeds, toasted

In a saucepan, combine the sugar, cornstarch and salt. Gradually add the pineapple juice, broth, vinegar, soy sauce and oil until smooth. Bring to a boil; cook and stir for 2 minutes or until thickened. Cover and refrigerate.

In a large bowl, toss chicken with soy sauce and ginger. In a large nonstick skillet, saute chicken in oil until no longer pink. Remove from the heat and allow to cool. Combine the cucumber, onion, celery and chicken. Pour chilled sauce over chicken; toss to coat. Just before serving, line salad plates with lettuce if desired. Arrange chicken salad and pineapple over lettuce. Sprinkle with sesame seeds. **Yield:** 5 servings.

Nutritional Analysis: 1 cup equals 220 calories, 6 g fat (1 g saturated fat), 53 mg cholesterol, 552 mg sodium, 19 g carbohydrate, 2 g fiber, 23 g protein. **Diabetic Exchanges:** 3 lean meat, 1 fruit, 1 vegetable.

Festive Fruit Salad

FAT SALT

Prep: 20 min. + chilling

In Huntsville, Alabama, Ashley Braswell dresses up her fruit salad with yogurt cheese—the solids remaining after the whey has been drained from yogurt.

2 cups reduced-fat vanilla yogurt
4 large firm bananas, sliced
2 cans (11 ounces *each*) mandarin oranges, drained
1 can (20 ounces) pineapple chunks, drained
1 cup miniature marshmallows
1/4 cup flaked coconut, toasted

Line a strainer with 4 layers of cheesecloth and place over a bowl. Place yogurt in prepared strainer; cover yogurt with edges of cheesecloth. Refrigerate for 8 hours or overnight. Remove yogurt from cheesecloth and discard liquid from bowl.

Combine the bananas, oranges, pineapple, marshmallows and coconut. Add yogurt; stir gently to combine. Cover and refrigerate for at least 1 hour before serving. **Yield:** 8 servings.

Nutritional Analysis: 3/4 cup equals 192 calories, 2 g fat (1 g saturated fat), 5 mg cholesterol, 44 mg sodium, 42 g carbohydrate, 4 g fiber, 4 g protein. **Diabetic Exchanges:** 2-1/2 fruit, 1/2 low-fat milk.

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KEEN ON GREENS. If you, too, have a recipe for a light salad, please toss it our way! Write to "Salad Bar", *Light & Tasty*, 5925 Country Lane, Greendale WI 53129.

Thrive on Five a Day!

MOM didn't know how right she was. Every day we seem to hear about additional benefits from healthy eating. And, according to the National Institutes of Health, most of us should eat five servings *or more* of fruits and vegetables every day.

Read on for some delectable dishes that are sure to help you thrive on five!

Pasta with Roasted Red Pepper Sauce

CARB MEAT-LESS

(Pictured at right)

Prep/Total Time: 30 min.

This deep tomato-red sauce is sure to be a family favorite if you're looking for a low-carb, meatless pasta topping, relates Antoinette Ronzio of North Providence, Rhode Island. Made with roasted red peppers and a hint of cayenne pepper, it will add a veggie kick to your dinner table.

1 can (14-1/2 ounces) Italian stewed tomatoes, undrained
1 jar (7 ounces) roasted red peppers, drained
1 teaspoon sugar
1/2 teaspoon ground cumin
1/4 teaspoon salt
1/4 teaspoon dried oregano
1/4 teaspoon cayenne pepper
1/4 teaspoon red wine vinegar
1 small onion, chopped
2 garlic cloves, minced
1 tablespoon olive oil
Hot cooked pasta

In a blender, combine the first eight ingredients; cover and process until smooth. In a large nonstick skillet, saute onion and garlic in oil until tender. Stir in pepper mixture. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes, stirring frequently. Serve sauce over pasta. **Yield:** 5 servings.

Nutritional Analysis: 1/2 cup sauce (calculated without pasta) equals 73 calories, 5 g fat (trace saturated fat), 0 cholesterol, 681 mg sodium, 8 g carbohydrate, 1 g fiber, 1 g protein. **Diabetic Exchanges:** 1 vegetable, 1 fat.

Apple Strudel

SALT

(Pictured above right)

Prep: 35 min. **Bake:** 35 min.

"My family always loves it when I make this wonderful dessert," writes Joanie Fuson of McCordsville, Indiana. "Old-fashioned strudel was too fattening and time-consuming, but this revised classic is just as good. It's best served warm from the oven."

1/3 cup raisins
2 tablespoons water
1/4 teaspoon almond extract
3 cups coarsely chopped peeled apples
1/3 cup plus 2 teaspoons sugar, *divided*
3 tablespoons all-purpose flour
1/4 teaspoon ground cinnamon
8 sheets phyllo dough (18 inches x 14 inches)
2 tablespoons butter, melted
2 tablespoons canola oil

In a microwave-safe bowl, combine the raisins, water and almond extract. Microwave, uncovered, on high for 1-1/2 minutes; let stand for 5 minutes. Drain. Add the apples, 1/3 cup sugar, flour and cinnamon; toss to coat. Set aside.

Place 1 sheet of phyllo dough on a work surface. Combine butter and oil; set aside 2 teaspoons. Lightly brush some of the remaining butter mixture over phyllo dough (keep remaining phyllo dough covered with plastic wrap and a damp towel to avoid drying out). Repeat with 7 more sheets of phyllo. Spread apple mixture over phyllo to within 2 in. of one long side and both short sides and within 4 in. of other long side. Fold the short edges over filling. Roll up jelly-roll style, starting from the long side where the apple filling is 2 in. from edge.

Place seam side down on a baking sheet coated with nonstick cooking spray. With a sharp knife, cut diagonal slits into top of strudel. Brush with reserved butter mixture. Sprinkle with remaining sugar. Bake at 350° for 35-40 minutes or until golden. **Yield:** 8 servings.

Nutritional Analysis: 1 piece equals 205 calories, 7 g fat (2 g saturated fat), 8 mg cholesterol, 121 mg sodium, 35 g carbohydrate, 2 g fiber, 3 g protein. **Diabetic Exchanges:** 1-1/2 fat, 1 starch, 1 fruit.

Triple Mashed Vegetables

MEAT-LESS

Prep: 20 min. **Cook:** 25 min.

When Noël Heckler of Wolcott, New York had trouble getting her family to eat rutabaga, she knew she'd need a flavor-filled recipe to convince them to try it. "This is a nice variation on plain mashed potatoes," she says. "And it's so colorful!"

1 medium rutabaga, peeled and cubed (about 3 cups)
6 medium potatoes, peeled and cubed (3-1/2 cups)
6 medium carrots, peeled and sliced (3 cups)
2 tablespoons butter
3/4 teaspoon salt
1/4 teaspoon pepper

Place vegetables in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook for 15-20 minutes or until very tender.

Drain vegetables and transfer to a bowl. Mash vegetables

Apple Options

EVERYONE knows the old saying "an apple a day keeps the doctor away". But there's more to the story…take a bite into these tidbits from the U.S. Apple Association:

♦ Some 2,500 varieties of apples are grown in the U.S. Some are better for baking, others for eating…and some are good for both.

♦ Applesauce is an excellent fat-free substitute for cooking oil when you are baking cakes, muffins and other cake-like goodies. Use the same amount of applesauce as you would oil.

and add the butter, salt and pepper; beat until smooth and fluffy. **Yield:** 6 servings.

Nutritional Analysis: 2/3 cup equals 162 calories, 4 g fat (2 g saturated fat), 10 mg cholesterol, 402 mg sodium, 30 g carbohydrate, 6 g fiber, 3 g protein. **Diabetic Exchanges:** 2 vegetable, 1 starch, 1 fat.

Green Bean Corn Casserole

MEAT-LESS

Prep: 10 min. **Bake:** 35 min.

Dawn Harvey of Danville, Pennsylvania writes, "This is a classic church-social casserole, which has become a family favorite, even with my extended family. I reduced fat in many of the ingredients and find that it still has a very satisfying flavor that everyone loves."

1 can (10-3/4 ounces) reduced-fat condensed cream of celery soup, undiluted
1 cup (8 ounces) reduced-fat sour cream
1 cup (4 ounces) shredded reduced-fat cheddar cheese
1/2 cup finely chopped onions
1 package (16 ounces) frozen French-style green beans, thawed
2 cups frozen corn, thawed
1/4 cup crushed reduced-fat cheese crackers
Refrigerated butter-flavored spray

In a large bowl, combine the soup, sour cream, cheese and onions. Stir in beans and corn. Transfer to a 2-qt. baking dish coated with nonstick cooking spray. Cover and bake at 350° for 25 minutes. Uncover; sprinkle edges with cracker crumbs. Spritz several times with butter spray. Bake, uncovered, 10-15 minutes longer or until edges are lightly browned and mixture is heated through. **Yield:** 7 servings.

Nutritional Analysis: 3/4 cup equals 178 calories, 7 g fat (4 g saturated fat), 18 mg cholesterol, 454 mg sodium, 22 g carbohydrate, 3 g fiber, 8 g protein. **Diabetic Exchanges:** 1 starch, 1 vegetable, 1 lean meat, 1/2 fat.

Editor's Note: This recipe was tested with I Can't Believe It's Not Butter Spray.

Blueberry Fruit Smoothie

FAT SALT

Prep/Total Time: 5 min.

This yummy smoothie just might take you back to soda-fountain days...but it's a nutritious low-fat alternative to traditional malts, shakes and sodas. Mary Walton of Woodland, Washington shared the recipe.

1 cup reduced-fat vanilla ice cream
1 cup fresh *or* frozen blueberries
1/2 cup chopped fresh *or* frozen peaches, thawed
1/2 cup pineapple juice
1/4 cup reduced-fat vanilla yogurt

In a blender or food processor, combine all of the ingredients; cover and process until smooth. Pour into chilled glasses; serve immediately. **Yield:** 3 servings.

Nutritional Analysis: 3/4 cup equals 149 calories, 2 g fat (1 g saturated fat), 7 mg cholesterol, 57 mg sodium, 30 g carbohydrate, 2 g fiber, 3 g protein. **Diabetic Exchanges:** 2 fruit, 1/2 fat.

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GARDEN VARIETY. Do you have a favorite lighter recipe that's chock-full of fruits and vegetables? If so, please send it to us along with a color photo of yourself. Write to "Five a Day", *Light & Tasty*, 5925 Country Lane, Greendale WI 53129 or E-mail us at *editors@lightandtasty.com*. Please include your full name and complete street address with all correspondence.

It's *Light & Tasty* Recipes TO THE RESCUE

When Readers Decide To Start Eating Right

YOU can benefit from sticking to a good-for-you diet whether you're trying to lose weight, control your blood pressure, keep your diabetes in check…or just want to feel better overall.

The mouth-watering recipes in each issue of *Light & Tasty* are lower in calories, fat, sodium or sugar…and they've made a *big* difference in many of our readers' lives.

In fact, so many folks have written to thank us that we wanted to share some of their touching testimonials here. These inspiring stories might just motivate you to make a change in your eating habits and lifestyle, too. After all, if they can do it, so can you!

Healthy at Heart

GOOD HEALTH is essential for Laura Sonnenberg, a busy home-schooling mother of three in Flora Vista, New Mexico.

So when she was diagnosed with high blood pressure and high cholesterol 2 years ago, she knew she had to do something about it. "I have a family history of heart disease and diabetes," she notes.

Laura decided right then and there that she had to start leading a healthier life, which included exercising regular-

Back on Track

A PINCHED NERVE became a major medical issue for Marjorie Kirkpatrick of Omaha, Nebraska…and put her on the path to better health.

"I really struggled with the pain," she remembers. "Surgery wasn't an option, and the physical therapy I received only helped temporarily. I weighed more than I ever had, and my outlook wasn't very positive."

Marjorie, who had just retired from teaching, realized she had to get back on track.

"I joined First Place, a Bible-based weight-loss program, to learn healthy-eating habits and get support from other women who were struggling with the same overeating problem I had.

"A few months after joining the program, I discovered *Light & Tasty*. What a difference it made in meals for my husband and me! Larry had always been a meat-and-potatoes man, but I started making chicken and fish recipes from *Light & Tasty* and adding more fruit and salads to our dinner menus. We also cut back on portion sizes, which, I think, is key to any weight-loss plan."

Some of the couple's favorite dishes include Jambalaya (Dec/Jan '03), Apricot-Glazed Chicken (June/July '04) and Springtime Tossed Salad (Apr/May '04).

The two also began a regular exercise regimen that included aerobics and walking with weights.

"In the 2-1/2 years since changing our eating habits and performing daily exercises, we've each lost 30 pounds and plan to lose 20 more. We both feel better and have more energy…I'm even in control of my pain," Marjorie says.

"Now that I'm in such good health, I had the privilege of giving a kidney to a newfound friend a few months ago, and I came through the surgery and recovery in record time.

"Thanks to *Light & Tasty* for all you've done for me!"

PAIN from a pinched nerve gave Marjorie Kirkpatrick (above) the incentive to get in shape. She joined a weight-loss program and started using recipes from *Light & Tasty* for herself and her husband. The couple has also incorporated aerobics and walking with weights into their daily routine. Although Marjorie has lost 30 pounds, she hopes to lose even more.

ly and eating right. That's where *Light & Tasty* came in.

"The magazine has been a huge help in lowering my blood pressure and cholesterol. It has given me tons of new and delicious recipes that are better for me and my family.

"My husband, Dave, and our children (Amberose, 15, Isaiah, 4, and Isaac, 1) are learning that healthier eating is better eating. Without your magazine's recipes, I don't know if they would have gone along with it," Laura relates.

"I prepare *Light & Tasty* recipes 4 to 6 nights a week. My favorites are stir-fries...I love the endless variety. I also enjoy the meatless main dishes—I try to cook meatless once a week.

"Amberose cooks dinner once a week and likes the '30-Minute Mainstays'. Our family favorites include Pork Lo Mein (Oct/Nov '02), Hearty Tuna Casserole (Dec/Jan '03) and Cardamom Braid (Feb/Mar '04)."

Laura has also picked up some healthy cooking insights from features such as "Ask the Dietitian" and "Helpful Hints for Healthy Cooking".

She paired her new diet with exercise, which has played a big part in her success. "I became my own personal trainer," Laura says. "I currently do a 45-minute workout, with hopes of increasing the time and intensity until I reach the goal I've set for myself."

Laura is enthusiastic about the results of her lifestyle changes. "I've managed to get my blood pressure and cholesterol under control so I no longer have to take medication, and I've lost weight, too," she says.

"I have more energy and feel better, so I can do more with my children...and I have been healthier overall. Plus, I'm no longer at increased risk for heart disease or diabetes. That's the most important thing of all."

◆ ◆ ◆

SHARE YOUR STORY. If you've lost weight, controlled your diabetes, lowered your blood pressure or improved your health with the help of *Light & Tasty*, we'd love to hear from you. Tell us how the recipes and articles fit into your success story. Please enclose before and after photos if you have them. Send your submissions to: "Success Stories", *Light & Tasty*, 5925 Country Lane, Greendale WI 53129. Include your name, street address and daytime phone number.

Getting Right to the Points

AS a lifetime member of Weight Watchers, Karen Kutruff of New Berlin, Pennsylvania couldn't wait to see the Premiere Issue of *Light & Tasty*.

"I'd been a subscriber to *Taste of Home* and *Quick Cooking* for many years, so when I heard there was going to be a magazine dedicated to healthy eating, I was so excited to see what it was all about," Karen relates. "I wanted to be able to serve foods that tasted great without the high fat and sugar content.

"*Light & Tasty* did not disappoint. I have always found recipes we've enjoyed, and the Nutritional Analysis made it extremely easy for me to calculate my points."

When her husband, Pat, was diagnosed with Type II diabetes in 2002, the magazine's lighter recipes became even more important in helping him achieve his weight-loss goals.

"I did some experimenting on my own as well, learning how to add fiber to our foods and reduce carbohydrates while keeping that homemade flavor we love. We also made exercise a part of our daily routine," Karen says.

She finds a new recipe to make about once a week, and many have become "keepers", including 14-Karat Cake (Apr/May '03) and Lemon-Blueberry Oat Muffins (Apr/May '03).

"My favorites are those on the 'Hold the Sugar' and 'Going with the Grains' pages. They help me bake tasty yet better-for-us treats," says Karen. "I have fun swapping both recipes and tips with our three grown daughters."

With the help of *Light & Tasty* recipes and daily exercise, Karen has lost 28 pounds. Her husband experienced an even more dramatic change—he lost 70 pounds and was able to keep his blood glucose levels within range without medication.

"Although we each have gained back a little weight, we continue to eat right and exercise," Karen adds. "Being able to keep our meals interesting, thanks to *Light & Tasty*, is the key to sticking with our weight-loss program."

SINCE subscribing to *Light & Tasty*, calculating Weight Watcher points has been a breeze for Karen Kutruff (above with husband Pat) of New Berlin, Pennsylvania. When her husband was diagnosed with diabetes, the magazine's recipes helped him lose weight and control the disease, too.

Flavor Savors

When it comes to fresh flavor, aromatic herbs and spices are worth a mint!

Great taste doesn't have to be taboo when you're eating light. Well-seasoned dishes starring herbs, spices and flavored vinegars can easily wake up the taste buds.

The savory recipes on these two pages rely on standbys that are as close as your pantry—including cardamom, caraway seeds, dill, parsley and mint. Serve one of these dishes soon… and get ready for compliments!

Mint Sauce for Lamb

FAT SALT CARB

(Pictured below right)

Prep/Total Time: 10 min. + standing

"This recipe has been in our family for nearly 80 years. Our backyard mint patch provided the main ingredient," reports Ruth Bogdanski of Grants Pass, Oregon. "Our gang won't eat lamb without this mint sauce."

1/4 cup loosely packed mint leaves, finely chopped
1/4 cup boiling water
2 tablespoons cider vinegar
1 teaspoon sugar
1/4 teaspoon salt
1/8 teaspoon pepper

Place mint leaves in a small bowl. Stir in water, vinegar, sugar, salt and pepper until sugar is dissolved. Cover and let steep for 20 minutes, then serve immediately with lamb. **Yield:** 6 servings.

Nutritional Analysis: 1 tablespoon equals 4 calories, 0 fat (0 saturated fat), 0 cholesterol, 98 mg sodium, 1 g carbohydrate, trace fiber, trace protein. **Diabetic Exchange:** Free food.

Asparagus 'n' Vinaigrette

CARB MEAT-LESS

(Pictured at right)

Prep/Total Time: 20 min. + chilling

"Living in the Midwest, we anticipate spring treats like fresh asparagus all winter long," affirms Mickey Kelly, Burnsville, Minnesota. "Our three small children can't help but snitch a taste when this dish is chilling in the fridge. I use the vinaigrette dressing on salads, sliced tomatoes and other steamed vegetables as well."

2 pounds fresh asparagus, trimmed and cut into 2-inch pieces
2 green onions, thinly sliced
2 tablespoons olive oil
2 tablespoons red wine vinegar
1/2 teaspoon reduced-sodium teriyaki sauce
1/2 teaspoon sugar
1/2 teaspoon salt
1/8 teaspoon pepper

Place asparagus in a steamer basket. Place in a saucepan over 1 in. of water; bring to a boil. Cover; steam for 4-6 minutes or until crisp-tender. Immediately rinse in cold water. Place asparagus and green onions in a bowl.

Whisk together the oil, vinegar, teriyaki sauce, sugar, salt and pepper. Pour over asparagus mixture; toss to coat. Cover and refrigerate for at least 2 hours. Stir before serving. **Yield:** 6 servings.

Nutritional Analysis: 2/3 cup equals 74 calories, 5 g fat (1 g saturated fat), 0 cholesterol, 206 mg sodium, 6 g carbohydrate, 3 g fiber, 3 g protein. **Diabetic Exchanges:** 1 vegetable, 1 fat.

Maple-Glazed Parsnips and Carrots

FAT MEAT-LESS

Prep/Total Time: 25 min.

There's a sweet hint of spring in the vegetable medley Bill Richards drizzles with reduced-calorie pancake syrup. "I enjoy adapting recipes I find in my wife's magazines," the creative cook shares from Ironwood, Michigan. "This different side dish goes with many of the entrees I make when our family comes to dinner."

1 pound carrots, cut into 1/4-inch slices
1 pound parsnips, cut into 1/4-inch slices
4-1/2 teaspoons butter
1/4 cup plus 2 tablespoons reduced-calorie pancake syrup
1/4 cup orange juice
2 teaspoons grated orange peel
1/2 teaspoon salt
1 teaspoon minced fresh parsley

In a large nonstick skillet, cook and stir carrots and parsnips over medium heat in butter for 5 minutes. Combine the pancake syrup, orange juice, orange peel and salt; pour over carrot mixture. Cook over medium-high heat until mixture comes to a boil. Cover and cook for 6-7 minutes or until vegetables are crisp-tender. Uncover; cook 1-2 minutes longer or until vegetables are tender and syrup mixture thickens and coats vegetables. Sprinkle with parsley. **Yield:** 6 servings.

Nutritional Analysis: 2/3 cup equals 144 calories, 3 g fat (2 g saturated fat), 8 mg cholesterol, 279 mg sodium, 29 g carbohydrate, 4 g fiber, 2 g protein. **Diabetic Exchanges:** 2 vegetable, 1 starch, 1/2 fat.

Onions and Spice, Parsley and Rice

MEAT-LESS

Prep: 15 min. **Cook:** 30 min.

For a succulent side dish, Marion Karlin of Waterloo, Iowa suggests her nicely herbed and spiced rice. Onions, mint, dill and lemon all accent the tender grain, while the flecks of green dress it up a bit.

1-3/4 cups thinly sliced green onions
1-1/2 cups coarsely chopped onions
2/3 cup uncooked long grain rice
1/2 cup minced fresh parsley
2 tablespoons butter

1 teaspoon salt
1 teaspoon dill weed
1/2 teaspoon dried mint
1/4 teaspoon white pepper
1-1/2 cups water
3 tablespoons lemon juice
1/2 teaspoon grated lemon peel

In a large nonstick skillet, cook green onions, onions, rice and parsley in butter for about 3 minutes or until coated evenly with butter. Stir in the salt, dill, mint and pepper. Stir in the water, lemon juice and lemon peel. Bring to a boil. Reduce heat; cover and simmer for 16-18 minutes or until rice is tender. Fluff with a fork. **Yield:** 6 servings.

Nutritional Analysis: 2/3 cup equals 144 calories, 4 g fat (2 g saturated fat), 10 mg cholesterol, 442 mg sodium, 24 g carbohydrate, 2 g fiber, 3 g protein. **Diabetic Exchanges:** 1 starch, 1 vegetable, 1 fat.

Bavarian Beef Roast

CARB

Prep: 20 min. **Cook:** 2 hours 50 min.

Her well-seasoned beef roast is so tender and juicy, Cynthia Gessner never has leftovers when she serves it. "My husband and our four boys, ages 5 to 20, clean their plates...down to the tiny diced vegetables," she notes from her home in Radway, Alberta. "Try serving this with a side of sweet-and-sour cabbage."

1 boneless beef bottom round roast (3 pounds)
1 garlic clove, cut into thin slivers
1 teaspoon canola oil
1 cup chopped carrots
1 cup thinly sliced celery
1 cup chopped onion
1 cup sherry *or* beef broth
1/2 cup minced fresh parsley
1 tablespoon sugar
2 teaspoons caraway seeds
1 teaspoon salt
1/2 teaspoon ground cardamom

With a sharp knife, cut thin slits in meat; place a piece of garlic in each slit. In a large saucepan or Dutch oven, brown meat in oil on all sides; drain. Add the carrots, celery and onion. Combine the sherry or broth, parsley, sugar, caraway seeds, salt and cardamom; pour over meat.

Bring to a boil. Reduce heat; cover and simmer for about 2-3/4 hours or until meat is tender. Remove and slice meat. Skim fat from cooking liquid and serve vegetables with meat. **Yield:** 8 servings.

Nutritional Analysis: 3 ounces cooked beef with 3 tablespoons vegetables equals 228 calories, 9 g fat (3 g saturated fat), 82 mg cholesterol, 360 mg sodium, 6 g carbohydrate, 1 g fiber, 28 g protein. **Diabetic Exchanges:** 3 lean meat, 1 vegetable, 1 fat.

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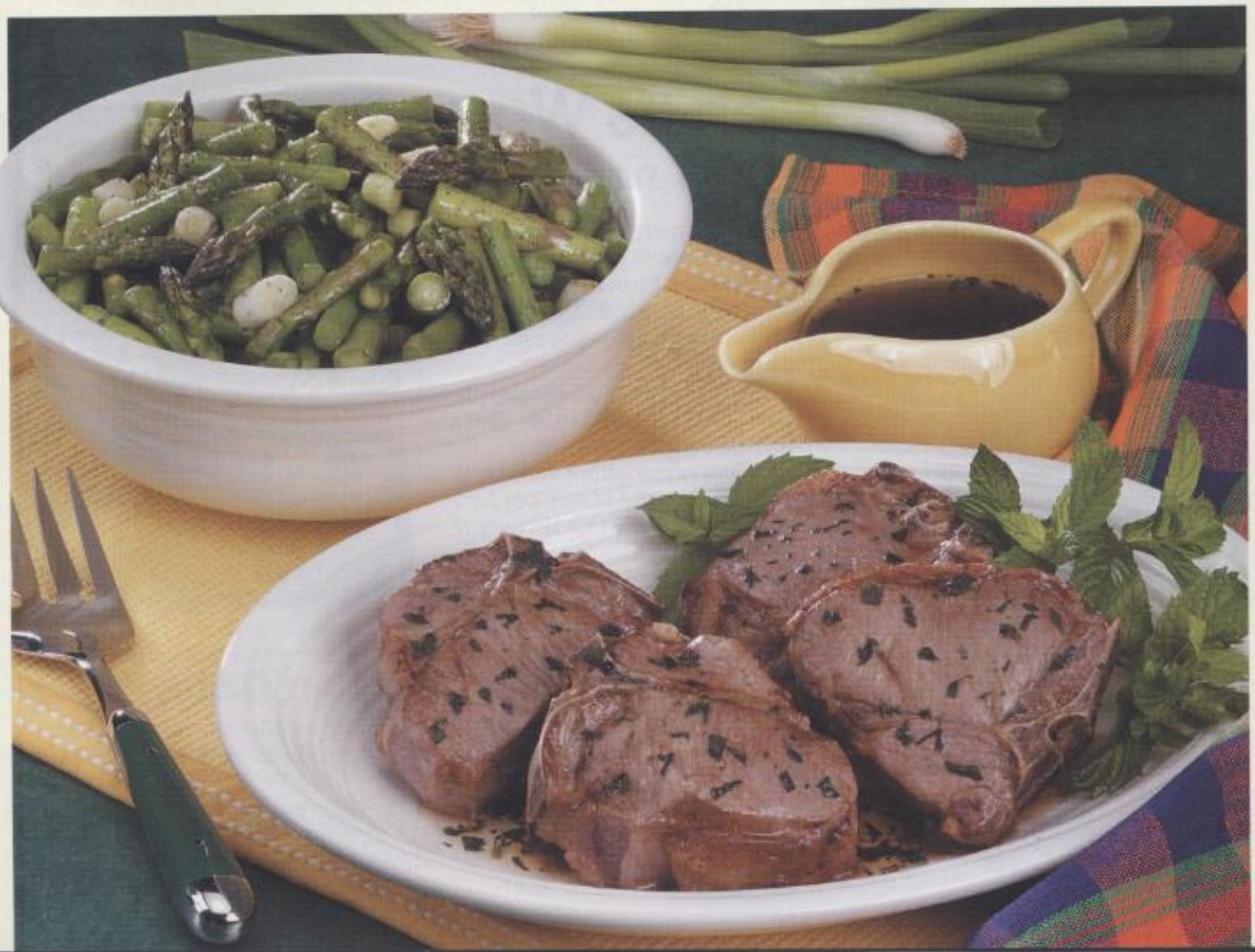
BURSTING WITH FLAVOR? Do you have a delicious better-for-you recipe that's well-seasoned with herbs, spices, vinegars, etc.? Send it to us at "Flavor Savors", *Light & Tasty*, 5925 Country Lane, Greendale WI 53129 or E-mail to *editors@lightandtasty.com*. Include your name and street address with all correspondence.



We're Counting on the Next Winner...It Could Be You!

Visitor Center's 400,000th guest will arrive any day now.

RECENT GUESTS sign in at the Reiman Publications Visitor Center before taking a self-guided tour and shopping for bargains.

THE STAFF at the Reiman Publications Visitor Center is waiting...tallying... and getting ready to throw confetti.

They can't wait to celebrate the *400,000th* visitor signing the Center's guest book and to award that person a fantastic prize package. That could happen any day now!

We started the "Sign In and Win" contest a few years ago to encourage readers to sign our guest book when they stop by the Visitor Center, located near our publishing company's headquarters in Greendale, Wisconsin.

This helps our staff keep track of the number of people who come through our doors and adds a little more fun to our guests' visit.

Over the years, the contest has been great fun. In August 2002, we saluted John and Janice Attema of Iowa, the 299,999th and 300,000th visitors to sign the Center's guest book.

"What special memories we made that day," Janice said. "I put pictures into our family album so we can relive our fun time at the Visitor Center."

Our staffers enjoyed the celebration, too, and are eagerly anticipating the 400,000th visitor so they can throw another party. As this is written, more than 390,000 people have signed the guest book. So the 400,000th visitor could arrive any day now...and it could be *you*!

Entering is easy. When you visit the Center, sign our guest book. If you're the *400,000th* visitor, you'll win a slew of gift certificates and goodies from the Country Store Outlet, plus items from other Greendale merchants together valued at more than *$400.00*.

You'll also enjoy a complimentary meal at one of the downtown restaurants...and have your photo taken to be published in a future issue!

Can't visit soon? Don't worry. We plan to continue this contest with the 500,000th person, and so on.

Whether you win or not, you're sure to enjoy your visit. Learn about our company's history...see home economists test recipes...try a *Mmm*minnesota Munchers cookie...view a Norman Rockwell exhibit...and shop for bargains at the Country Store Outlet.

We ask that visitors sign in *only once* within a 30-day period. Pick up complete rules at the Visitor Center, or log on to our Web site at *www.reimanpub.com* and click on the Visitor Center link.

The Visitor Center is open 9 a.m. to 5 p.m. Monday through Saturday and closed on Sundays and holidays. Come see us soon—and don't forget to sign our guest book. We're counting on you!

Cooking for 2 Is on Its Way

There's still time to become a Charter Subscriber!

WE'RE THRILLED to report that the first issue of *Taste of Home's Cooking for 2* is hot off the press and in the mail to our Charter Subscribers.

But if you haven't subscribed yet, don't despair. There's still time to sign up and start receiving this one-of-a-kind magazine. It's perfect for empty nesters, young married couples, college students or anyone who appreciates mouth-watering recipes that serve two people.

From fast fare like Special Steak for Two and light dishes like Pasta with Broccoli to eight great simple suppers and a week's worth of easy entrees, the Premiere Issue of *Cooking for 2* is chock-full of satisfying meal ideas that won't leave you with loads of leftovers.

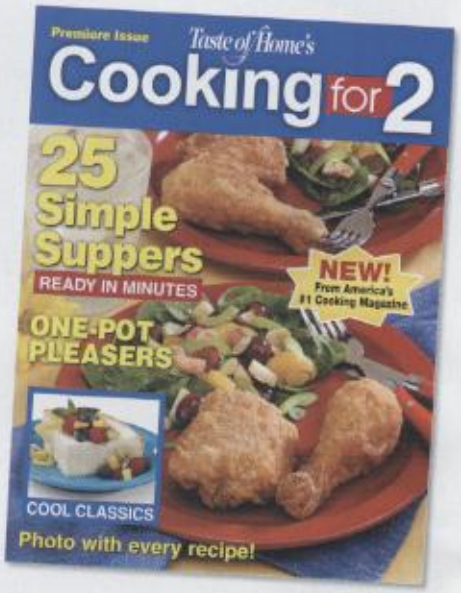
Plus, *every* recipe in *Cooking for 2* includes a beautiful color photo as well as Nutritional Analysis, prep times and symbols that tell you if a recipe is quick, light or diabetic-friendly or if it can easily be lightened up.

If you are already a subscriber to any Reiman Publications magazine, you can still sign on as a Charter Subscriber to *Cooking for 2* at only $12.98 for a full year (four issues in all). You save 35% off the cover price.

You can save even more by subscribing for 2 years for only $19.96. That's a BIG 50% off the cover price.

Canadian subscriptions are $19.98 CDN for 1 year and $35.98 CDN for 2 years (plus 7% GST or 15% HST where applicable).

So sign up soon and get 2005 off to a delicious start with *Cooking for 2*.



Here's How You Can Order

YOU CAN START your subscription to *Cooking for 2* by ordering from our friendly crew in Harlan, Iowa. But hurry! Quantities of our Premiere Issue are limited.

To order, send payment to *Cooking for 2*, Subscription Fulfillment Center, Suite MFB05C, P.O. Box 5294, Harlan IA 51593.

Or have your credit card ready and call toll-free **1-800/344-6913**. You can also subscribe on-line at *www.cookingfor2.com*.

The Skinny on Cooking Techniques...

When it's time to prepare light family fare, smart cooks simmer up slimmed-down sauces that pack on flavor without adding a lot of fat, calories or sodium.

Who would think you could enjoy rich cream sauces, robust marinaras and savory gravies even when you're watching what you eat? But you can! If you keep a few simple things in mind, sauces can add terrific flavor to foods without piling on the pounds.

Many traditional sauces are anything but nutritious. Reducing the sauce by boiling it, however, is a great way to intensify the flavor...and help keep dinner on the light side. Known as "reduction", this cooking method involves evaporating some of the sauce's liquid by simply boiling it down.

Reduction is an easy method when making any sauce that doesn't involve cream. When lightening up cream sauces, it's best to make adjustments to the ingredients involved.

Heavy whipping cream and butter contribute to the high calorie and fat content in cream sauces. To lighten up a cream sauce, try replacing the whipping cream with evaporated milk, experimenting with reduced-fat and fat-free varieties.

Next, decrease the amount of butter the recipe calls for. If the revamped cream sauce is too thin, thicken it by stirring in a bit of cornstarch or flour dissolved in some extra liquid.

Ready to get started? Try the following reader recipes. Both of these hearty entrees feature lip-smacking sauces that are sure to win compliments.

Polynesian Pork Loin

(Pictured below right)

Prep: 20 min. **Bake:** 2-1/2 hours + standing

From Hendersonville, North Carolina, Karyn Joyner shares this enticing pork roast and chunky tomato sauce. After reducing the tangy sauce on her stovetop, she uses a portion of it to flavor the pork, serving the extra on the side at dinner.

1 teaspoon salt, *divided*
1/2 teaspoon pepper
1 boneless whole pork loin roast (4 pounds)
1 cup water
1 cup unsweetened crushed pineapple, undrained
2/3 cup tomato paste
1/2 cup packed brown sugar
2 tablespoons diced onion
2 tablespoons diced green pepper
2 tablespoons cider vinegar
1 teaspoon ground ginger

Rub 1/2 teaspoon salt and pepper over roast. Place on a rack in a shallow roasting pan. Bake, uncovered, at 350° for 1 hour.

Meanwhile, in a small saucepan, combine the water, pineapple, tomato paste, brown sugar, onion, green pepper, vinegar, ginger and remaining salt; bring to a boil. Reduce heat; simmer, uncovered, for 20-25 minutes or until slightly thickened, stirring occasionally. Reserve 1-1/4 cups sauce; set aside.

Pour remaining sauce over roast; bake 1-1/2 to 2 hours longer or until a meat thermometer reads 160°, basting occasionally. Let stand for 10-15 minutes before slicing. Serve with remaining sauce. **Yield:** 10 servings.

Nutritional Analysis: 4 ounces cooked pork with 2 tablespoons sauce equals 301 calories, 8 g fat (3 g saturated fat), 90 mg cholesterol, 305 mg sodium, 19 g carbohydrate, 1 g fiber, 36 g protein. **Diabetic Exchanges:** 4 lean meat, 1 vegetable, 1/2 starch, 1/2 fruit.

Chicken with Creamy Apple-Mushroom Sauce

Prep: 15 min. **Cook:** 30 min.

"When I found this recipe, I knew I could lighten it up," says Katherine Major of Kingston, Ontario. "Everyone loves the smooth sauce, tender chicken and mild apple flavor."

4 boneless skinless chicken breast halves (4 ounces *each*)
1 tablespoon olive oil
3 cups sliced fresh mushrooms
1 medium onion, sliced
2 garlic cloves, minced
1-1/2 cups reduced-sodium chicken broth
1 teaspoon dried tarragon
1/2 teaspoon pepper
1/8 teaspoon salt
2 cups sliced peeled McIntosh (about 2 medium)
2 tablespoons cornstarch
3/4 cup reduced-fat evaporated milk, *divided*
1 tablespoon minced fresh parsley

In a nonstick skillet, brown chicken in oil on both sides. Remove and keep warm. In the same skillet, saute the mushrooms, onion and garlic until tender. Stir in the broth, tarragon, pepper and salt; bring to a boil.

Add apples and reserved chicken. Reduce heat; cover and simmer until chicken juices run clear. Remove chicken to a serving platter.

Combine cornstarch and 1/4 cup milk until smooth; stir in remaining milk. Add to skillet. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve over chicken; sprinkle with parsley. **Yield:** 4 servings.

Nutritional Analysis: 1 chicken breast half with 1 cup sauce equals 283 calories, 5 g fat (1 g saturated fat), 68 mg cholesterol, 440 mg sodium, 26 g carbohydrate, 3 g fiber, 33 g protein. **Diabetic Exchanges:** 3 lean meat, 1 fruit, 1 vegetable, 1/2 fat-free milk.

Catch the Flavor

TO SCALE the heights of flavor, try cooking nutritious fish and seafood. One of the most versatile foods available, fish is lower in carbs and fat than many main dishes. So why not dip into this pleasing pool of recipes soon?

Grouper with Sweet Peppers

CARB

(Pictured at right)

Prep: 15 min. + marinating **Cook:** 25 min.

"This low-fat dish is the greatest," confirms Patricia Sweat of Saulsbury, Tennessee. "It's so colorful—it looks as wonderful as it tastes. Your family will beg you to make it!"

1/4 cup reduced-sodium soy sauce
2 tablespoons lemon juice
2 pounds grouper *or* red snapper fillets
1 medium onion, cut into 6 wedges and separated
3 teaspoons olive oil, *divided*
1 medium green pepper, sliced into thin rings
1 medium sweet red pepper, sliced into thin rings
1 medium sweet yellow pepper, sliced into thin rings
1 can (14-1/2 ounces) diced tomatoes, drained

In a small bowl, combine soy sauce and lemon juice. Pour 1/4 cup marinade in a resealable plastic bag; add fish. Seal bag and turn to coat; refrigerate for 20 minutes. Cover and refrigerate remaining marinade.

Meanwhile, in a large nonstick skillet, cook onion in 1 teaspoon oil for 1 minute. Stir in peppers; cook and stir for about 5 minutes longer. Stir in tomatoes; cook 1-2 minutes longer or until tomatoes are heated through and vegetables are crisp-tender. Remove from the heat; keep warm.

Drain and discard marinade from fish. In a large nonstick skillet coated with nonstick cooking spray, cook fish in remaining oil for about 8 minutes on each side or until fish flakes easily with a fork. Arrange two-thirds of pepper mixture on a serving platter; top with fish. Top with remaining pepper mixture and drizzle with reserved marinade. Serve immediately. **Yield:** 6 servings.

Nutritional Analysis: 5 ounces cooked fish with 3/4 cup vegetables equals 202 calories, 4 g fat (1 g saturated fat), 56 mg cholesterol, 457 mg sodium, 10 g carbohydrate, 2 g fiber, 31 g protein. **Diabetic Exchanges:** 4 very lean meat, 2 vegetable, 1/2 fat.

Tarragon Tuna Salad

CARB

(Pictured at right)

Prep/Total Time: 10 min.

It's surprising how a few herbs can brighten up tuna salad. Made with reduced-fat mayonnaise, this version from Billie Moss gets zip from mustard. "It makes a great light lunch or Sunday brunch item," she notes from El Sobrante, California.

2 cans (6 ounces *each*) light water-packed tuna, drained and flaked
1 cup chopped celery
1/4 cup chopped sweet onion
1/3 cup reduced-fat mayonnaise
2 tablespoons minced fresh parsley
1 tablespoon lemon juice
1 teaspoon minced fresh tarragon *or* 1/4 teaspoon dried tarragon
1/2 teaspoon Dijon mustard
1/4 teaspoon white pepper
Lettuce leaves, optional

In a small bowl, combine the tuna, celery and onion. Combine the mayonnaise, parsley, lemon juice, tarragon, mustard and pepper. Stir into tuna mixture. Serve on lettuce leaves if desired. **Yield:** 4 servings.

Nutritional Analysis: 2/3 cup equals 169 calories, 7 g fat (1 g saturated fat), 31 mg cholesterol, 467 mg sodium, 4 g carbohydrate, 1 g fiber, 21 g protein. **Diabetic Exchanges:** 3 very lean meat, 1 fat.

Seafood Pesto Pasta

Prep: 25 min. **Cook:** 15 min.

Pesto turns shrimp and scallops into superstars in this fresh-flavored entree from Marnie Franze. "The recipe is from my dad," she comments from Battle Lake, Minnesota.

1/4 cup plus 1 tablespoon olive oil, *divided*
1 cup loosely packed fresh basil leaves
1 cup loosely packed fresh oregano leaves
2 tablespoons minced fresh parsley
4 to 6 garlic cloves, *divided*
12 ounces uncooked linguine
2 green onions, chopped
1 tablespoon butter
1/2 pound uncooked medium shrimp, peeled and deveined
1/4 cup white wine *or* chicken broth
1 tablespoon lemon juice
1/4 teaspoon cayenne pepper
1/2 pound fresh sea scallops
1/2 cup grated Parmesan cheese

For pesto, place 1/4 cup oil, basil, oregano, parsley and one garlic clove in a blender or food processor. Cover and process until smooth; set aside. Mince the remaining garlic. Cook pasta according to package directions.

Meanwhile, in a nonstick skillet, saute onions and minced garlic in butter and remaining oil until tender. Add the shrimp, wine or broth, lemon juice and cayenne; saute for 2 minutes. Add scallops; saute for 2 minutes or until shrimp turn pink and scallops are firm and opaque. Drain pasta; toss with pesto and Parmesan. Top with seafood mixture. **Yield:** 8 servings.

Nutritional Analysis: 1 cup equals 306 calories, 14 g fat (3 g saturated fat), 61 mg cholesterol, 297 mg sodium, 28 g carbohydrate, 2 g fiber, 18 g protein. **Diabetic Exchanges:** 2 lean meat, 1-1/2 starch, 1-1/2 fat.

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SHARE YOUR CATCH. If you have a light fish or seafood recipe to recommend here, send it to "Catch the Flavor", *Light & Tasty*, 5925 Country Lane, Greendale WI 53129.

Sound Bites

Take a bite out of your busy schedule. Curl up with a cup of coffee and enjoy some food for thought.

Test Your Nutrition Know-How

IT'S EASY to lighten up mealtime by adding seafood to weekly menu plans. And when it comes to choosing a denizen of the deep, there's a tasty variety to pick from. Most fish and seafood offer a wealth of health benefits, so reel in a few of these fun facts...then decide what "catch" to offer your hungry bunch.

Questions:

1. Sea bass, cod, flounder and red snapper all fall into which category? *A)* Freshwater fish; *B)* Lean fish; *C)* Fatty fish.

2. In general, saltwater fish are higher in sodium than freshwater fish. *True or False?*

3. What feature should you look for when buying scallops? *A)* A sweet aroma; *B)* A glossy white appearance; *C)* A firm texture; *D)* All of the above.

4. In addition to protein and potassium, salmon is also high in which of the following? *A)* Polyunsaturated fat; *B)* Carbohydrates; *C)* Sodium.

5. Which crustacean should always be avoided because it is high in cholesterol? *A)* Shrimp; *B)* Lobster; *C)* Crayfish; *D)* None of the above.

6. Once frozen seafood has thawed, it should not be returned to the freezer. *True or False?*

(For the answers, turn to page 67.)

Paring Down Portion Sizes

TRIMMING down portion sizes is a surefire way to shed pounds, particularly if you're already cooking light. If you'd like to better control portion sizes in your household, consider the following:

Rethink the Norm. Estimate how much food you truly need to feel satisfied—not uncomfortably stuffed. If you're not used to following healthy serving sizes (3 ounces of cooked meat per serving, for example), start by decreasing the amount of food you would normally eat by 25% at each meal.

Avoid Extra Helpings. The desire to load up on second helpings can be strong when you begin limiting portions. Beat the temptation by preparing your dinner plate, storing the leftover food in the fridge and then sitting down to eat what's on your plate.

Snack Smartly. Got the munchies but a nutritious nibble just won't satisfy you? Go ahead and enjoy a small portion of something else. Don't eat potato chips directly out of the bag, however. Measure out a portion, instead, using the Nutrition Facts panel as a guide to determine the serving size—and then stick to it.

Play the Numbers. Remember that reduced-fat crackers, low-sugar puddings and other light items can still pack calorie-laden punches. So don't overdo it. Just because something is lighter than its full-fat counterpart doesn't mean you should overindulge.

Five Secrets To a Comfy Office Space

IF YOU'RE one of the millions of folks who works in an office 8 hours each day, you've probably experienced sore eyes, stiff joints, and various aches and pains now and again.

Sitting behind a desk and staring at a computer screen all day can lead to consistent side effects such as a sore back, neck pain and ongoing fatigue.

If your workplace is becoming a "pain", consider these tips:

- Avoid aches by minding your posture while at your desk. Sit up straight, taking advantage of your chair's back- and armrests. Avoid hunching over your desk.
- A properly adjusted chair can relieve a lot of discomfort. While sitting, your feet should be firmly planted on the floor. Your wrists should be parallel to the keyboard.
- Looking away from your computer screen every 20 minutes, blinking often and resting your eyes during breaks can reduce eyestrain.
- Improve circulation and beat fatigue by taking walks during your breaks and stretching your legs while sitting at your desk.
- Stretch your muscles throughout the day. Roll your shoulders and head to help prevent headaches.

Statement of Ownership, Management, and Circulation

U.S. POSTAL REGULATIONS require that we print the above statement once every year.

GOOD FOR YOU...AND YOUR BUDGET, TOO

With this pennywise menu, you can pinch away the pounds.

EATING HEALTHY shouldn't mean emptying your wallet. With a few great recipes, you can enjoy nutritious meals without breaking the piggy bank. This entire meal, for instance, adds up to just $1.49 per serving.

Flavorful Meat Loaf

CARB

Prep: 15 min. **Bake:** 45 min. + standing

"Since I can't have much salt, I've come up with a recipe for meat loaf that is really tasty without it," says Lillian Wittler of Norfolk, Nebraska.

2 egg whites
1/2 cup 1% milk
3 slices whole wheat bread, torn into pieces
1/4 cup finely chopped onion
1 teaspoon Worcestershire sauce
1/4 teaspoon onion powder
1/4 teaspoon garlic powder
1/4 teaspoon ground mustard
1/4 teaspoon rubbed sage
1/4 teaspoon pepper
1 pound lean ground beef
3 tablespoons ketchup

In a large bowl, beat egg whites. Add milk and bread; let stand for 5 minutes. Stir in the onion, Worcestershire sauce and seasonings. Crumble beef over mixture and mix well.

Shape into a loaf in an 11-in. x 7-in. x 2-in. baking pan coated with nonstick cooking spray. Bake, uncovered, at 350° for 35 minutes; drain. Spoon ketchup over loaf. Bake 10-20 minutes longer or until a meat thermometer reads 160°. Let stand for 10 minutes before slicing. **Yield:** 5 servings.

Nutritional Analysis: One serving equals 228 calories, 9 g fat (4 g saturated fat), 35 mg cholesterol, 307 mg sodium, 13 g carbohydrate, 1 g fiber, 23 g protein. **Diabetic Exchanges:** 3 lean meat, 1 starch.

Roasted Parmesan Potato Wedges

MEAT-LESS

Prep: 10 min. **Bake:** 45 min.

From Stratford, Wisconsin, Linda Rock shares the secret to her tender oven-baked potato wedges. As savory as they are good for you, the potatoes have a mouth-watering cheese and herb coating that adds a pretty golden color...and just the right amount of flavor.

4 potatoes (2 pounds)
2 teaspoons canola oil
1/2 cup grated Parmesan cheese
1 teaspoon dried basil
1 teaspoon seasoned salt
1/4 teaspoon onion powder
1/4 teaspoon garlic powder
1/4 teaspoon pepper

Cut each potato lengthwise in half. Cut each half into three wedges. In a large bowl, sprinkle potatoes with oil; toss to coat. Combine the remaining ingredients. Add to potatoes; toss to coat.

Arrange potatoes in a single layer on a 15-in. x 10-in. x 1-in. baking pan coated with nonstick cooking spray. Sprinkle with any remaining coating. Bake at 350° for 45-55 minutes or until golden brown and tender. **Yield:** 6 servings.

Nutritional Analysis: 4 wedges equals 179 calories, 4 g fat (1 g saturated fat), 5 mg cholesterol, 387 mg sodium, 31 g carbohydrate, 3 g fiber, 6 g protein. **Diabetic Exchanges:** 2 starch, 1/2 fat.

Greens with Creamy Herbed Salad Dressing

FAT CARB MEAT-LESS

Prep/Total Time: 10 min.

If you're looking for a way to spice up everyday greens, try this salad dressing that Janet Les prepares often in her Chilliwack, British Columbia kitchen. With its thick consistency, it also makes a delectable veggie dip.

1/2 cup fat-free mayonnaise
2 tablespoons plus 2 teaspoons fat-free milk
4 teaspoons white vinegar
1 teaspoon dried oregano
1/2 teaspoon dried basil
1/4 teaspoon sugar
1/4 teaspoon salt
1/4 teaspoon garlic powder
1/4 teaspoon pepper
5 cups mixed salad greens

In a bowl, whisk together the fat-free mayonnaise, milk and vinegar. Whisk in the oregano, basil, sugar, salt, garlic powder and pepper. Serve over greens. **Yield:** 5 servings.

Nutritional Analysis: 1 cup mixed salad greens with 2 tablespoons salad dressing equals 33 calories, 1 g fat (trace saturated fat), 3 mg cholesterol, 328 mg sodium, 6 g carbohydrate, 2 g fiber, 1 g protein. **Diabetic Exchange:** 1 vegetable.

♦ ♦ ♦

COUNTING PENNIES. Do you have recipes that are both light and thrifty? Please share them here or on our Web site (*www.lightandtasty.com*). Write to "Counting Pennies", *Light & Tasty*, 5925 Country Lane, Greendale WI 53129 or E-mail us at *editors@lightandtasty.com*.

Dig Up Carrie's Carrot—You May Win!

"WHAT a sweet place to hide Carrie's carrot—with the Coconut Custard Pie recipe on page 22," writes Kim Wright of Skidmore, Missouri, a successful sleuth who tracked down the missing carrot in the Dec/Jan '05 issue. "I can't wait to make that pie for my family. My husband is diabetic, so we look for recipes with sugar substitutes."

Where *Was* Carrie's Carrot?
In the Dec/Jan 2005 issue, the carrot was next to the title of the Coconut Custard Pie recipe on page 22.

A note from Nancy Buell in Laconia, New Hampshire proves that even a practiced eye may have trouble spotting that wayward carrot. She relates, "Having done considerable proofreading when I worked for a newspaper, I was frustrated when it took me *three* perusals of the issue to spot the carrot."

If you're not familiar with our lighthearted carrot search contest, let us fill you in. Carrie is a little scatterbrained when it comes to keeping track of her carrots. She's misplaced another one somewhere in this issue and needs *your* help to find it. It's a drawing of a carrot, and it looks like this...

The carrot above is just an example.

We've concealed the real one elsewhere in this issue. It could be a different color or size (our art director delights in a challenge). It may be tucked into a photo, stuck in a drawing or placed in a margin.

Give it a try! It's a challenge the whole family can enjoy. Plus, you could win a $50.00 shopping spree in our drawing!

If you root out Carrie's carrot, let us know the page where it's located either by postal mail or via our Web site. All entries with the correct page number are eligible for the prize drawing. We'll toss them in a barrel and draw 25 winners at random.

Great Prizes in Store

Each winner will receive a $50.00 free merchandise certificate from our Country Store catalog.

To enter the contest on our Web site, *www.lightandtasty.com*, click on the "Carrie's Carrot Contest" link and simply fill out the entry form.

Or, mail a postcard or note saying, "I found Carrie's carrot on page ___" with your name and address *printed* on it to: "Attn. Carrie's Carrot", *Light & Tasty*, 5925 Country Lane, Greendale WI 53129. If you wish, relate an anecdote about the fun you had locating it.

Please send *only* your carrot contest entry in the envelope because it goes to a special contest department.

Do not include subscription or renewal checks or change-of-address notes, as they may not reach our customer service people.

The first entries received are not necessarily the winners, so you need not use express delivery. We'll conduct the random drawing in *February*.

In a random drawing of readers who found the missing carrot last issue, these lucky 25 won a $50.00 free merchandise certificate from our Country Store catalog:

Gordon Bardos, Brandon, Vermont; Jackie Bauer, Florence, Arizona; Edith Bradley, Wofford Heights, California; Nancy Buell, Laconia, New Hampshire; Jo Hansbraugh, Georgetown, Illinois; Sue Hardison, New Bern, North Carolina; Heather Hayward, Hanover, Maine; Tracy Hinkley, Limington, Maine; Sara Huth, Franklin, Pennsylvania; Betty Klosterman, Rapid City, South Dakota; Doris Kohr, Palmyra, Pennsylvania; Barbara Krzys, Amsterdam, New York; Mary Lopez, Shasta Lake City, California; Francis Mahoney, Belmont, Massachusetts; Carolyn Mayer, Havre, Montana; Lynn Maynard, Adrian, Michigan; Annette Minshew, Richlands, North Carolina; Ethel Mongold, Moorefield, West Virginia; Donna Muir, Bayside, New Brunswick; Maureen Nelson, Wonewoc, Wisconsin; Frances Pursley, Lenoir, North Carolina; Sandy Rombough, American Canyon, California; Joyce Stapek, Salt Springs, Florida; Felicia Tully, Cincinnati, Ohio; and Kim Wright, Skidmore, Missouri.

Country Store
This Gift Certificate Entitles
Kim Wright
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This gift is sent through the thoughtfulness of
Light & Tasty

Even More Recipes!

A SPECIAL Savings Pack "hitchhikes" along with most issues of *Light & Tasty* inside the protective polybag that carries your magazine through the mail. This purse-size booklet is filled with bonus recipes and special offers from companies you've come to know and trust. So be sure to look for it!

Sign Up for Free E-Mail Newsletter

THOUSANDS of *Light & Tasty* readers enjoy the timeliness and convenience of our free monthly *Taste of Home* E-Mail Newsletter. If you are not among them, now is a wonderful time to sign up.

Our E-Mail Newsletter is packed with more of the recipes, handy hints and colorful photos you enjoy in the *Taste of Home* "family" of magazines (*Light & Tasty*, *Taste of Home* and *Quick Cooking*). And it's sent *monthly* so you'll have extra recipes to savor in between magazine mailings.

Signing Up Is a Snap

It's simple to sign up—just visit our Web site at *www.lightandtasty.com* and click on the "FREE E-Mail Newsletter" link in the upper right portion of the screen. Then type in your E-mail address and click "Submit".

You'll quickly receive an E-mail message confirming your registration, plus the most current issue of the newsletter to enjoy right away.

More family-pleasing recipes will be delivered right to your E-mail "inbox" around the first of each month.

Along with extra recipes, kitchen tips and features from your favorite food magazines, you'll get exclusive offers for newsletter readers, all in a quick, easy E-mail format...now that's a tasty combination!

Try Something New...

Meet Sun-Dried Tomatoes

FRESH tomatoes are available year-round...but they definitely taste best when picked at summer's peak. So why not try using sun-dried tomatoes during the off season?

Sun-dried tomatoes add richness to appetizers, main dishes, soups, stews, casseroles, salads and more. Once you try them, you'll likely find ways to enjoy them all year long.

Sun-dried tomatoes can be found dry-packed or oil-packed in the produce department. Sometimes, the oil-packed variety is near the canned tomatoes or jarred artichokes.

Dry-packed tomatoes have a raisin-like texture, while oil-packed ones are soft and slightly plump. Both kinds are a good source of potassium and lycopene, an antioxidant that is believed to help fight cancer and other diseases.

A quarter cup of dry-packed sun-dried tomatoes contains about 35 calories, 1/2 gram fat and 280 mg sodium. A quarter cup of oil-packed sun-dried tomatoes contains about 60 calories, 4 grams fat and 70 mg sodium.

So if you're trying to cut down on the calories and fat in your recipes, use dry-packed tomatoes whenever possible. But if low-sodium foods are more important to you, oil-packed may be a better way to go.

Simple to Use and Store

Sun-dried tomatoes are easy to use. To rehydrate dry-packed tomatoes, simply soak them in warm water for 30 minutes, then drain. The flavorful liquid can be saved and substituted for broth when making a sauce or mashed potatoes. Rehydrated tomatoes are great tossed with pasta, added to cooked vegetables or tossed in an antipasto salad.

Store unopened dry-packed tomatoes at room temperature for up to 6 months; refrigerate or freeze them after opening.

To use oil-packed sun-dried tomatoes, simply drain the tomatoes well and use them as the recipe directs. Commercially oil-packed tomatoes should be stored in the refrigerator after opening.

If you prefer, you can make your own sun-dried tomatoes in the oven. Homemade dried tomatoes are great to keep on hand, plus they're a tasteful gift from the garden.

First, halve or quarter tomatoes, depending on their size, and sprinkle them with salt, pepper and/or herbs. The salt helps to remove the moisture as well as add flavor.

Arrange tomatoes in a single layer on a rack over a baking sheet and roast them at 200° for 4-6 hours or until they are dry but flexible. To avoid bacteria growth, it is important that no inner moisture remain.

You can store homemade dried tomatoes in an airtight container in the refrigerator or freezer for up to 6 months.

It is not recommended that you store homemade dried tomatoes in oil because they can harbor bacteria.

Chicken Breasts with Sun-Dried Tomatoes

CARB

Prep: 15 min. + standing **Cook:** 30 min.

Sun-dried tomatoes provide intense tomato flavor in this delightful chicken entree that's special enough for company. "If you have all the ingredients for this dish ready before you start to cook, the recipe goes pretty quickly," notes Heather Nandell of Johnston, Iowa.

1/2 cup plus 3 tablespoons reduced-sodium chicken broth, *divided*
1/4 cup chopped dry-packed sun-dried tomatoes
1/2 cup sliced fresh mushrooms
1 green onion, thinly sliced
2 teaspoons minced garlic, *divided*
4 boneless skinless chicken breast halves (4 ounces *each*)
1 tablespoon olive oil
2 teaspoons cornstarch
1/2 teaspoon dried basil
1/4 teaspoon salt
1/4 teaspoon pepper
1/2 cup fat-free milk
Hot cooked pasta, optional

Bring 1/2 cup broth to a boil. Remove from the heat; stir in sun-dried tomatoes and let stand for 10 minutes. In a large nonstick skillet coated with nonstick cooking spray, saute the mushrooms, green onion and 1 teaspoon garlic for 1 minute. Stir in the remaining broth; cook 2 minutes longer or until mushrooms are tender. Remove mushroom mixture and set aside.

Rub chicken with remaining garlic. In same skillet, cook chicken in oil for 3 minutes on each side or until browned. Stir in tomato mixture; bring to a boil. Reduce heat; cover and simmer for 10-12 minutes or until chicken juices run clear. Remove chicken from skillet; cut into slices and keep warm.

Combine the cornstarch, basil, salt and pepper. Stir in milk until smooth; add to tomato mixture. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Stir in mushroom mixture. Serve over chicken and with pasta if desired. **Yield:** 4 servings.

Nutritional Analysis: 1 chicken breast half with 1/4 cup sauce (calculated without pasta) equals 190 calories, 5 g fat (1 g saturated fat), 66 mg cholesterol, 416 mg sodium, 7 g carbohydrate, 1 g fiber, 29 g protein. **Diabetic Exchanges:** 4 very lean meat, 1 fat.

Bean Cuisine

Versatile beans pack diets with plenty of protein and fiber, not fat.

HEALTH-CONSCIOUS cooks are big on beans—and no wonder! The nutritious nuggets are low in fat and calories…and rich in fiber, which can help control weight and fight heart disease. Beans are also a good source of protein, iron and zinc, particularly if you're cutting back on meat.

You can easily add beans to a meal or party menu with these tempting reader favorites starring pinto and navy beans.

Tex-Mex Rice and Bean Snack

(Pictured below)

Prep/Total Time: 30 min.

"This zesty Southwestern-style dip, served with tortilla wedges, is perfect for tailgating and after-game parties…or for any fun occasion," says Pat Habiger of Spearville, Kansas. "If you're adventurous, you might want to add green chiles or hot peppers."

10 corn tortillas (6 inches)
1/2 pound lean ground turkey
1 can (16 ounces) pinto beans, rinsed and drained
1 can (14-1/2 ounces) diced tomatoes, undrained
3 tablespoons tomato paste
1 tablespoon chili powder
3/4 teaspoon ground cumin
1/4 teaspoon salt
2 cups hot cooked rice
1/2 cup shredded reduced-fat Mexican cheese blend
1/4 cup sliced green onions

Cut each tortilla into six wedges; arrange in a single layer on a baking sheet coated with nonstick cooking spray. Spray tortillas with nonstick cooking spray. Bake at 400° for 8-10 minutes or until crisp; remove to a wire rack to cool.

Meanwhile, in a large nonstick skillet coated with nonstick cooking spray, cook turkey over medium heat until no longer pink. Add the beans, tomatoes, tomato paste, chili powder, cumin and salt; bring to a boil. Reduce heat; simmer, uncovered, for 5-10 minutes or until heated through.

Spoon rice onto a serving platter. Top with turkey mixture, cheese and green onions. Arrange tortilla wedges around edge of platter. **Yield:** 10 servings.

Nutritional Analysis: 1/2 cup dip with 6 tortilla wedges equals 202 calories, 4 g fat (1 g saturated fat), 20 mg cholesterol, 331 mg sodium, 31 g carbohydrate, 5 g fiber, 11 g protein. **Diabetic Exchanges:** 2 starch, 1 lean meat.

Ham and Bean Soup

Prep: 35 min. + soaking **Cook:** 3 hours 10 min. + cooling

Erin Lembke's take on this hearty classic is a thick tomato-based soup loaded with veggies and well-seasoned with herbs. Cayenne pepper gives it some zip. "I always make up a soup recipe as I go along," Erin writes from Bothell, Washington. "My husband, who doesn't usually care much for soup, really likes this one."

3/4 cup dry navy beans
1-1/2 pounds smoked ham shank
6 cups water
4 celery ribs, sliced
4 carrots, halved and sliced
1 large onion, chopped
1 cup fresh green beans, cut into 1-inch pieces
1 can (14-1/2 ounces) diced tomatoes
1-1/2 teaspoons garlic powder
1-1/2 teaspoons dried basil
1 teaspoon salt
1 teaspoon paprika
1/2 teaspoon dried oregano
1/4 teaspoon *each* dried thyme, white pepper and Liquid Smoke
1/8 teaspoon cayenne pepper
2 cups chopped cabbage

Place beans in a Dutch oven or soup kettle; add water to cover by 2 in. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1 hour. Drain and rinse beans, discarding liquid.

In a Dutch oven or soup kettle, place ham shank and water. Cover and bring to a boil. Reduce heat; simmer for 1 hour. Add beans; simmer 1 hour longer or until meat and beans are tender. Remove from the heat. Cool slightly. Remove ham shank. Cover and refrigerate ham shank and soup.

Remove meat from ham bone; discard bone. Set meat aside. Remove fat from broth. Return broth with the beans and meat to pan. Add the celery, carrots, onion and green beans. Bring to a boil over medium heat. Reduce heat; simmer, uncovered, for 10 minutes. Add tomatoes and seasonings; cook for 10 minutes. Add cabbage; cook 35 minutes longer or until vegetables are tender. **Yield:** 7 servings.

Nutritional Analysis: 1-1/2 cups equals 269 calories, 10 g fat (3 g saturated fat), 34 mg cholesterol, 1,121 mg sodium, 27 g carbohydrate, 10 g fiber, 19 g protein. **Diabetic Exchanges:** 2 lean meat, 2 vegetable, 1 starch, 1/2 fat.

The Sweet Story on Chocolate

Studies show that the creamy confection may help keep your heart healthy!

Rejoice, chocoholics! You no longer have to feel guilty about occasionally indulging in a piece of valentine candy or an Easter basket treat. Evidence is mounting that chocolate may have its share of health-related benefits. And that's great news for everyone who just can't resist its sweet flavor and velvety melt-in-your-mouth texture.

People from around the globe have had a love affair with chocolate ever since Spanish conquistador Hernan Cortes discovered cacao seeds in Mexico. Since then, chocolate has maintained worldwide status as a delectable delight by dessert connoisseurs and candy-counter patrons alike.

While it is beloved by most, chocolate is often one of the first foods sacrificed by anyone trying to eat right. Calorie-dense and high in saturated fat, the treasured delicacy is usually looked upon as a hefty roadblock in the path to good nutrition.

More and more researchers are finding, however, that the sweet sensation has a fair amount of redeeming qualities. In moderation, it appears that chocolate can, indeed, fit into a well-rounded diet.

Fantastic Features

Not only does chocolate offer a few nutrients, including calcium, iron, copper and magnesium, many high-quality chocolates—especially dark chocolates—offer a few other good-for-you surprises as well.

While chocolate is high in fat (11 grams per 1-ounce serving), it's not the type of fat that increases cholesterol levels. One study has actually linked regular chocolate consumption to an increase in good (HDL) cholesterol.

In addition, several reports indicate that dark chocolate contains high levels of flavonoid antioxidants. Also found in tea, red wine, cranberries, peanuts and apples, flavonoids are natural chemicals proven to help inhibit heart disease, improve blood flow and reduce blood pressure. Flavonoids are also believed to stimulate the immune system, impede cancer cell growth and protect the body against bacteria.

Cocoa—the powder that forms the basis of chocolate—is very high in these antioxidants when compared to other plant products, such as raisins and pinto beans. Similarly, dark chocolate is believed to contain as many as *eight times* the antioxidants found in strawberries.

The flavonoids in cocoa prevent fat-like substances in the bloodstream from clogging arteries. Along with the acid found in chocolate, flavonoids also have an aspirin-like effect on blood, helping to reduce the risk of blood clots.

That's Not All, Folks

In addition, dark chocolate is believed to release endorphins in the brain, helping to elevate mood and reduce pain. It's also a source of energy without relying on much caffeine. An ounce of chocolate, for example, contains about 5 milligrams of caffeine compared to the 100 milligrams commonly found in a 6-ounce cup of coffee.

Numerous research projects have helped boost chocolate's reputation even further. One study demonstrated that the acid in chocolate inhibits plaque formation on teeth...while another reported that dark chocolate may improve memory by increasing blood circulation to the brain.

A Harvard study even suggested that those who work a bit of chocolate into their healthy diets might live longer than those who avoid the classic confection.

Nevertheless, it's important that the nutrition facts behind chocolate not be sugarcoated. Chocolate offers far fewer vitamins and minerals than fresh fruits and vegetables...and the cocoa butter found in chocolate is extremely high in saturated fat.

Chocolate is also quite high in calories. A small candy bar weighs in at about 200 calories, with up to 50% of them coming from fat. In addition, the sugar in many chocolates can spell trouble for folks dealing with diabetes.

For good health, experts recommend that you keep your chocolate cravings in check. That doesn't mean you can't treat yourself to an occasional bite now and again if it doesn't affect your overall health.

In general, it's perfectly fine to enjoy chocolate in moderation. If you treat yourself only occasionally, you'll find that you can have your cake and eat it, too...as long as it's chocolate.

Eating Chocolate Guilt-Free

WHILE CHOCOLATE can certainly fit into a healthy diet, it is important not to overdo it. Here are a few tips to help you indulge while sticking to your nutrition goals:

- High-quality dark chocolate or bittersweet chocolate, which usually has less sugar, is the best choice. The intense flavors may help you eat less, satisfying you with just a nibble. Look for varieties made with cocoa butter rather than fatty coconut or palm oil.
- Have chocolate for a dessert, rather than a snack. You'll likely eat less if you enjoy it right after a satisfying meal.
- Try limiting your chocolate intake by only eating it as a reward to yourself. Cut back on other fatty or sugary foods during the week to compensate.
- To satisfy a chocolate craving, dip fruit into light chocolate syrup or snuggle up with a steaming mug of reduced-sugar hot cocoa.

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(15 g or less per serving)

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MEAT-LESS

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Green Bean Corn Casserole, 49
Maple-Glazed Parsnips and Carrots, 52
Onions and Spice, Parsley and Rice, 52
Roasted Parmesan Potato Wedges, 59
Seasoned Brown Rice, 14
Spinach Casserole/Makeover Spinach Casserole, 10
Triple Mashed Vegetables, 48

SOUPS
Cannellini Comfort Soup, 23
Ham and Bean Soup, 63
Spinach Bean Soup, 23

Daily Nutrition Guide

	Women 25-50	Women over 50	Men over 24
Calories	2,200	1,900 or less	2,900
Fat	73 g or less	63 g or less	96 g or less
Saturated Fat	24 g or less	21 g or less	32 g or less
Cholesterol	300 mg or less	300 mg or less	300 mg or less
Sodium	2,400 mg or less	2,400 mg or less	2,400 mg or less
Carbohydrates	335 g	283 g	446 g
Fiber	20-30 g	20-30 g	20-30 g
Protein	50 g	50 g or less	63 g

This chart is only a general guide. Calorie requirements vary, depending on size, weight and amount of activity. Children's calorie and protein needs vary as they grow.

Answers to Test Your Nutrition Know-How (quiz on page 58)

1. *B)* Sea bass, cod, flounder and red snapper are lean fish because they have less than 5 percent fat by weight.

2. *False.* Because fish flesh doesn't store sodium from the water, saltwater fish are usually not higher in sodium.

3. *D)* Consider buying glossy scallops that have a sweet scent and are firm to the touch.

4. *A)* Salmon offers lots of heart-smart omega-3 fatty acids or polyunsaturated fat.

5. *D)* Shrimp, lobster and crayfish have high levels of dietary cholesterol; however, they offer few artery-clogging fats, so they are still a healthy option for many diets.

6. *True.* It is unsafe to return seafood to the freezer once it has thawed.

L&T Serves Up Recipes to Satisfy Every Need!

READERS tell us that the recipes in *Light & Tasty* fill a variety of dietary needs.

"I am 70 years young and have a lifetime subscription to another cooking magazine. Unfortunately, it doesn't hold a candle to yours," writes Joyce Brechtelsbauer of Oviedo, Florida. "Both my husband and I are lactose-intolerant. And we are looking for nutritious recipes without a lot of salt.

"I have tried some of your recipes and they are very, very good. I am looking forward to a long rewarding relationship with all of you. Keep up the wonderful job."

And from Brooklyn, New York, Selma Fleischman pens, "I just wanted to tell you how much I enjoy *Light & Tasty*. Since I am a Weight Watchers member of long standing (18 years), I value the nutritional information included with the recipes, which lets me decide if the 'points' for each dish will fit into my daily count.

"I especially like the recipes with only two or four servings. I can enjoy the variety of tastes and ideas you offer without concerning myself with too many leftovers. Thanks!"

A Glimpse into the Future. You might just be wishing for leftovers when you try the scrumptious slimmed-down dishes in the April/May issue of *Light & Tasty*. They're sure to put a spring in your step.

Your family will greet the morning with a smile when you serve honey bagels and berries with sour cream sauce (shown above) from our "Start the Day Off Light" feature.

For luscious light lunches, you'll have plenty of options, including the eight prize-winners in our "Sensational Salads Contest", grilled chicken sandwiches from "Trimmed-Down Dinner for Two" and broccoli cheese soup from "Souper Bowl".

When your thoughts turn to dinnertime, the Weekday Menu Planner will come in handy, because it offers five satisfying suppers that are sure to please the palates in your household.

For additional mealtime choices, you'll find roasted lemon chicken paired with Greek orzo in "Flavor Savors", while "Thrive on Five a Day" showcases stuffed pork tenderloin served alongside a colorful vegetable medley.

For special company fare, the next "Fine Dining Pared-Down" feature offers succulent sauteed shrimp, a side dish of artichokes and beans as well as a raspberry-topped custard tart for dessert.

You'll also find other nutritious main dishes, including "30-Minute Mainstays" like pizza burgers and pork with Dijon sauce and tasty treatments for shrimp and halibut in "Catch the Flavor".

Also in the April/May issue, you can look forward to delightful desserts that are sure to fit your diet, such as creamy puddings, sweet treats that easily come together with phyllo dough, and diabetic-friendly items like honey spice bars and a rosy rhubarb sauce.

Look for all of this and much more in the upcoming April/May issue!

Taste of Home's
Light&Tasty